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# Grass Roots

AUSTRALIA \$4.95

New Zealand \$6.75 incl GST

No. 122. Aug/Sept. 1997

ISSN 0310-2890

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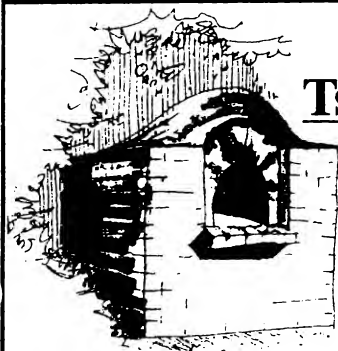
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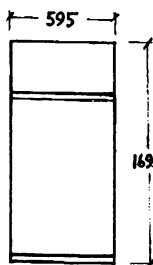
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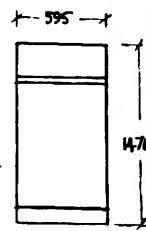
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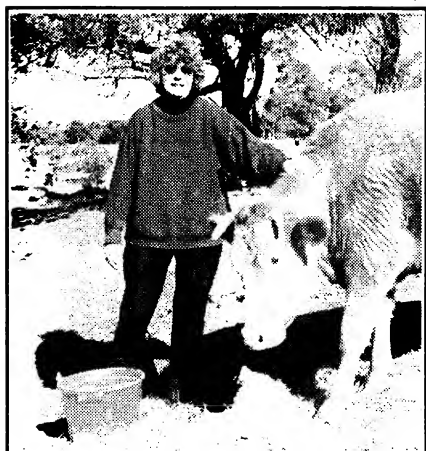
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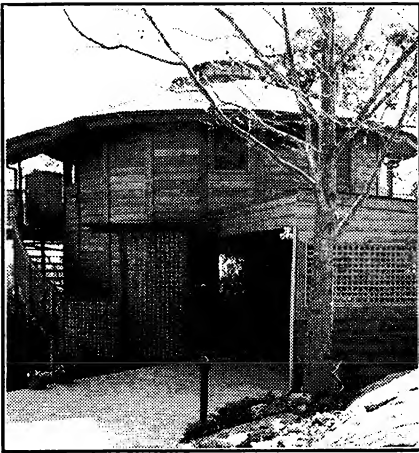
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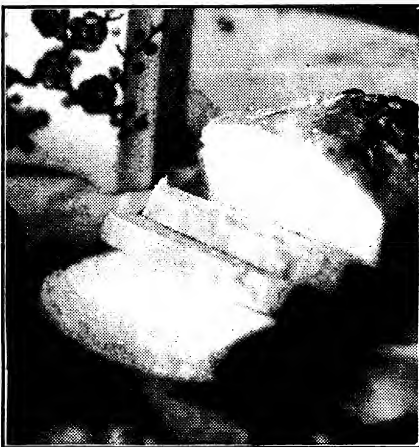
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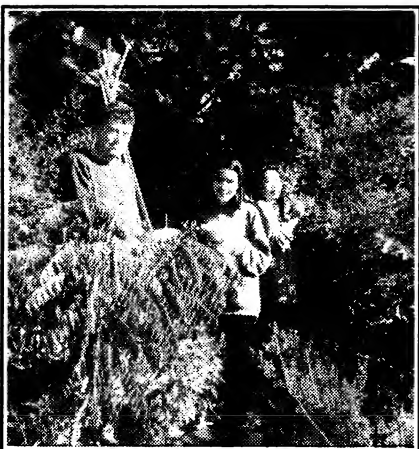
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## COVER PHOTOS

**Front Cover:** Doug Bailey, his wife Betty and daughter Intan, have created a self-sufficient paradise around their inner city home at Marrickville, Sydney, NSW. Using permaculture principles, they are growing over 200 species of which 140 are edible. Now their inner city food forest has started to dwarf the house. Read City Food Forest page 9.

**Back Cover:** Yurtwork's Mike Shepherd has taken the design of the original Mongolian tent and used it to produce homes of all sizes, even two-storey models like this one. Mike, however, also runs a farm for city kids where they participate in all sorts of rural activities and learn self-sufficiency skills – and there's no TV. Read Down Home On The Yurt Farm page 17.

\* \* \*  
Edited by Megg Miller and Mary Horsfall.

Published by Night Owl Publishers Pty Ltd, Box 242, Euroa 3666. Advertising enquiries ph: 03-5794-7256, fax: 03-5794-7285.

We take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do we accept responsibility for the accuracy of statements made by contributors.

Printed by Newsprinters P/L, Melbourne Rd, Shepparton 3630. Ph: 03-5831-2312.

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# GUMNUT GOSSIP

by Megg Miller.

I know it's winter and that we can expect cold weather but the last couple of weeks have been freezing. A spate of heavy white frosts have kept the morning temperatures around the minus mark. Although we have air conditioners for warmth in the office these have struggled to function under the icy conditions, with the result that the office has become filled with scarves and coats. Fortunately there are a couple of radiators which have been invaluable for thawing out the digits. The frost was so heavy the other morning the tank tap was frozen over, luckily we had water on hand or it would have been a long wait for coffee. No doubt our work output has slowed somewhat – it is pretty difficult to mark up editing or illustrate with hands reluctant to leave the warmth of coat pockets. Kimmy has the right idea, she comes to work wearing fingerless woollen gloves. As these just cover the knuckles, only the fingertips are exposed to the cold air. This must be bearable as Kim is able to tap the computer keys. It is more than likely the frosts will soon give way to wind and rain, and we will then be complaining about muddy feet. But for now spare a thought for all the numb fingers that oh so slowly contributed to the work on this issue.

It is traditional at this time of year for team members to start mumbling and grumbling about needing to see the sun. I have my hands full preventing a mass exodus up north. Mary has just returned from a couple of weeks in northern NSW, where she enjoyed tropical fruits that are only ever green and tasteless down here, visited local markets and caught up with Jude and Michel from the Seed Savers. 'There are lots of wonderful GR folk up there,' she enthused, fortified by the balmy weather. Margaret, who left earlier in the year, sent a postcard boasting of 'the unwinding ambience of the Whitsunday Islands' which did nothing for our cold fingers and toes. And Kim has almost had to be glued to the chair to finish this issue, so eager is she to catch some of the northern sun. Just as well Jennifer and Helen, our new chums, haven't really accrued any holidays yet or I might be left juggling the office on my own. We can probably blame David just as much as

the gloomy weather for the preoccupation with warmer locales. He has not long returned from a well deserved break which he spent in France, the stories of food and wine and quaint little villages leaving us all green with envy. Vegemite sandwiches and cup-a-soup seem very boring fare.

Clearly some of the Grassified advertisers have encountered the same urge to travel because we have had a barrage of phone calls from readers frustrated through inability to catch up with certain property owners. We understand that plans can change quickly and something like an advert placed weeks previously can slip one's mind. But would-be land or house buyers are enthusiastic folk and when they get on the scent of a bargain, are desperate to follow up on it. This issue we found a number of advertisers had moved on from the address or phone number lodged here and overlooked notifying us as well as the new tenants or residents that had taken over their abode. Can we encourage advertisers in such situations to provide us with a new contact number. Readers usually can't believe we don't have more information and plead for leads. We are in an awkward situation, we never like discussing private details – should we have them – but also feel for the frustrated prospective buyers and, knowing how wonderfully resourceful GR readers are, such advertisers may be at risk of being tracked around Australia. It is a lot easier to furnish us with necessary changes as most difficulties re contact will be checked out with the office.

Just as you all enjoy reading and using the articles in the magazine, so do we and much effort goes into ensuring the information is correct or directions simple.

This issue we wanted to include the article on making an eiderdown, a project that is perfect for long evenings by the fire. You wouldn't believe the difficulty we had working it out. We made samples with folded paper, we used the author's cloth samples and then had to ask for further assistance. We tried again with the new samplers and directions, and suddenly it appeared so easy we couldn't understand what the problem had been. Just as well, the next step was



getting the sewing machine out and starting from scratch. We hope you'll try this economical eiderdown, perhaps substituting washed wool if you do not have goose down.

After gentle reminders over the last few months it's great to be able to say lots of entries have come in for the GR awards. Obviously the article by Niela Lolomanaia on her simple but hard life on Eva, in the Tongan Islands, touched a chord with many readers, and has elicited an amazing response. Many readers nominated Neila for the lifestyle category, which is most appropriate considering her hands-on approach to self-sufficiency. We also recieved a nomination for Ralph Long of Mittagong and Christine Berry of Clarence Town for the Good Samaritan category. Christine featured in GR years ago with her donkeys and she now runs a sanctuary rescuing and tending ill-treated or neglected members of this species. Ralph has established a sustainable permaculture set-up, markets his honey organically, saves seed, is active in LETS and is exceedingly generous in sharing his time and knowledge. Both these folk are committed to helping create a better world, and are fine examples of quiet achievers. We look forward to more of your nominations next issue.

Regretfully this issue sees a rise in our cover price. It has been three years since our last increase and during this time we have been able to absorb rising costs. Inevitably they catch up, leaving us no option but raising the price. It is still the best in its field and tremendous value for money. When you consider how long it takes to read and how useful the articles are, and what savings can be made, an increase of twenty-five cents isn't too significant. We hope you understand.

Wherever you are now is a 'stepping stone in the great adventure which is your life', wrote Debbie Stokes in sharing with us the stepping stones of life for her and her family on their journey towards a greater degree of self-sufficiency. From their first 'handyman's special' cottage which they renovated, to their present impressive owner-built home, life has been a series of learning experiences along the path to their dream of a country acreage. They don't yet have the country acres but, as their story shows, they are a family that sets goals – and achieves them.

# STEPPING STONES

by Debbie Stokes, Smiths Lake, NSW.

Sitting down to write this really forced me to think about how far we, as a family, have come in the past fourteen years. Although the road has been very rocky at times, and despite the detours along the way, we have achieved most of the goals we set ourselves many years ago. Life started for us as a couple fourteen years ago in Sydney. Newly married, we had managed to save up the deposit needed to buy our first home, a fibro-cement cottage in Sydney's western suburbs, nicknamed 'A Handyman's Special' by the real estate agent because of all the work that needed doing. To us it was beautiful and the epitome of an English cottage and so we settled into married life in the suburbs.

The day we moved our first daughter, Melissa, was born (I was eight months pregnant at the time and we did the whole move ourselves to save money), and the next fourteen years have been just as dramatic.

Our dreams of a home in the country seemed far away and just paying the mortgage became our first priority. We determined early on in our marriage not to become a part of the rat race though. We earned a living selling second-hand clothes at the local markets each weekend and spent our weeks painting and renovating on a shoe-string budget. We planted out the garden with cuttings and anything we could scavenge, learning all we could about gardening through trial and error. We had great success, especially with geraniums.

Three years later we had a beautiful little cottage painted inside and out, with a bright cottage garden front and back and two beautiful little girls to keep us busy. We also had a marriage built on working together and being together and our love and respect for each other formed a strong foundation for the years to come.

It was during this time that we discovered GR and it was such a revelation to us to find that there were so many other people who thought and felt the same way as we did. We felt confirmed in our hearts that greed and materialism don't have to be a part of your life and that a great deal of satisfaction comes from being as self-sufficient as possible, in learning new skills and doing things for yourself.

After three years a door opened for us to leave Sydney and we made the move to Port Macquarie on the mid north coast of New South Wales. Although this was not our dream come true, it was one step closer. We were able to buy a slightly bigger 'Handyman's Special' and to live near the sea. The air was fresh and clean and life seemed so good. Martin was able to

obtain work as a painter after telling the foreman he had had years of experience. He failed to mention it was all on the one house. Still, he survived and went on to actually become a painter, finishing his trade certificate while gleaning information from everyone he worked with in the building industry.

After two years we felt confident enough to sell and owner-build, although finances and council regulations dictated the type of house we were able to build. Banks at this time were not keen to lend to owner builders, but press on we did until, six months and a great deal of work later, we moved into our livable but unfinished house. It was not everything we wanted, compromise being a fact of life in the building game, but it did have a magnificent view of the Great Dividing Range.

We kept buying GR, established another garden and tried to live as self-sufficiently as we could. Despite our best intentions we seemed to get further and further into debt. Our interest rate seemed to rise daily and life was very difficult with four small children and a mortgage to pay, along with all the other bills. After six years in Port Macquarie we realized that we had had enough. We put our house on the market and hoped to have enough equity to build again without getting into debt. Staying out of debt is a major consideration if you truly want to be self-sufficient and have as stress-free a life as possible in a constantly changing economy.

In February 1991 we moved south to a place called Pacific Palms. It was relatively untouched by developers, undiscovered by tourists and still had cheap land for sale. We hoped to get back on track. Port Macquarie had seemed like a terrible nightmare at the time, but now I realise it was a learning



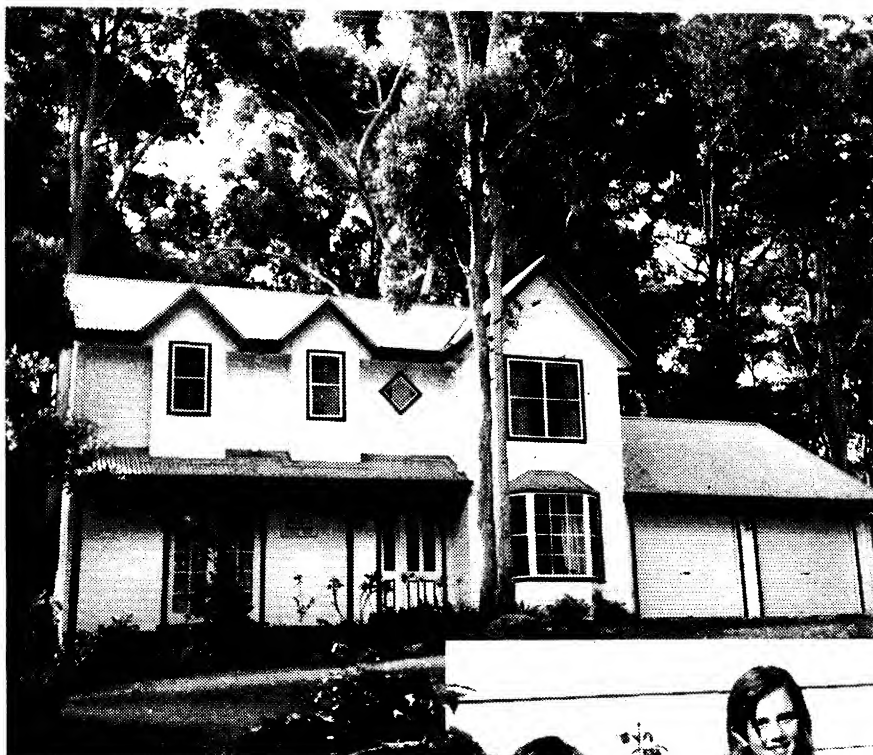
Stepping stones are just as important for the children as for the parents.

experience and just another step to where we are today. We found and bought a lovely quarter-acre block, 500 metres from the lake which backed onto rain-forest.

And so began the arduous task of owner building all over again. We were on a very tight budget. After buying an Envirocycle to treat all our sewage and allowing for our living expenses for four months we had \$50,000 left to build a twenty square house and garage. We begged borrowed and scavenged all the materials we could and wore out the phone getting prices on anything we had to buy new. Given more time we probably could have built the house cheaper, but, with our fifth baby due, time was of the essence. Our biggest mistake was hiring the cheapest plumber. Cheap doesn't always mean best in that area. Always ask for references. We wanted a house that would suit our needs and be sellable in the future should we decide to move on, an important consideration often overlooked.

Owner-building can be a lot of fun; it can also be a total disaster and put a strain on the most stable of marriages. We knew what to expect but nothing prepares you for the unforeseeables. No sooner had we dug the footings than it started to rain and did not stop for six whole weeks. For the same six weeks I suffered from the worst case of morning sickness ever and frustration and depression combined to make life far from bliss. We seriously wondered if we had done the right thing as we squashed together four children and two adults in our less than adequate rental accommodation. All I could think of was, 'At least we're not in a caravan'.

Finally though, the rain stopped, I felt better and work began in earnest. Three months later we moved in and despite the mountains of dirt and rock everywhere we did have a finished house (although I use the term very loosely). In many ways it is a conventional house in that it does comply with council regulations, but it is also *our* house. We designed and built it and there is a lot of satisfaction in saying that. It is a very practical house with no wasted space. It is solar passive and is a very comfortable house to live in. We still had our battles with council who wanted us to paint our lovely corrugated iron roof, and our regrets about not being able to afford an ATGA stove, but we had lots of fun along the way. My practical hus-

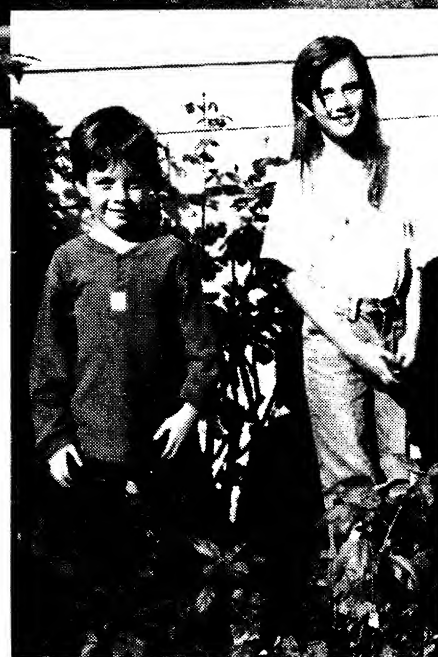


The owner-designed-and-built, passive solar house was livable in three months. Quite an achievement.

band spent the next year turning the mountains of rock and soil into beautiful garden beds and painting to pay the bills.

I'd love to say it's all finished now and we are sitting back enjoying the fruits of our labours, but, as you all know, the work never really ends. We have fruit trees still to plant, more garden beds to build and take care of and next season's vegies to plan. It gives me great joy to know that this summer we were totally self-sufficient as far as vegies went and with six beautiful children we do eat a lot of vegies. We have wonderful healthy children who think the best fun is picking beans or watching pumpkins grow. They have been blessed with a wonderful school where the environment and caring for others are major concerns thanks to a great principal and team of teachers. They have a great place to grow up and boredom is never a problem.

My next project is a chook house strong enough to withstand the most persistent of foxes. Everything we've learned along the way we share with our children so they can be as independent and self-sufficient as possible, an asset in an everchanging world. We still don't



The children share in the knowledge their parent's acquire and enjoy helping in the garden.

have the acreage we wanted, but when we do we'll know what to do with it and how to manage it.

In conclusion, a big thank you to all the GR contributors over the years who helped us with good advice and practical knowhow. God bless you all. And to those just starting out a word of advice. Be faithful stewards of whatever part of the earth you've been given, no matter how small or insignificant it may seem to you now. Remember, it's just a stepping stone in the great adventure which is your life.

# RECYCLING RUNS RIOT

by Roberino, Arrawarra Beach, NSW.

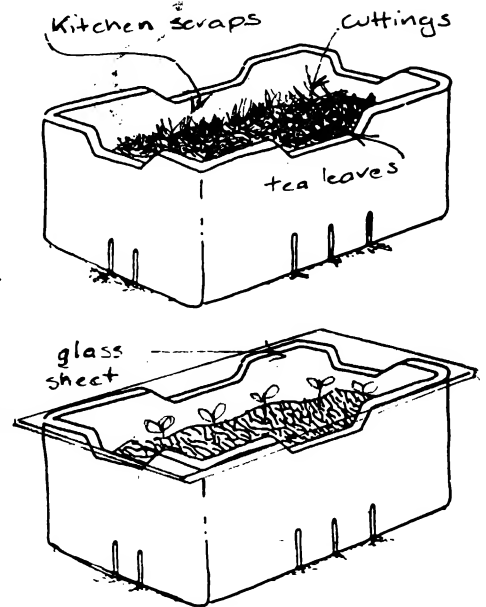
## Fruit box gardens and miniature hothouses.

I'm having good results gardening in foam boxes I obtain from the fruit market. I line the bottom with old nylon curtain material to stop soil pouring out the holes, then three-quarter fill with potting mix and grass clippings over a base of a couple of centimetres of seaweed.

When the weather is cool I put some glass over the boxes to help the seeds germinate, then remove the glass once shoots appear. Kitchen scraps, even tea leaves/bags help nourish the rapidly growing plants it seems.

To grow warmer climate plants (even citrus) in cold climates I've tried using the method people use for warming tropical plants. By creating an environment

similar to that in which the plants originated I've had good results. Translucent white plastic sheeting over a wire frame forms a small hothouse for low plants. To protect larger shrubs or small trees, including citrus, use plastic conduit or polypipe to form a framework with the plastic draped over the frame and pegged to it. Large sheets or bags of plastic such as those used to protect new mattresses and other furniture are very useful for jobs like this and are definitely worth saving or scrounging. All things are possible. In Switzerland I've seen palm trees protected from freezing in winter by wrapping their trunks with thick straw bundles. They make a strange sight with the leaves completely covered in snow!



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# CITY FOOD FOREST

## Permaculture In The Backyard

by Doug Bailey, Marrickville, NSW.

I have tried to apply permaculture design principles to our home garden. The garden has been designed to produce food in a sustainable way modelled on natural ecological processes. The most influential ecosystem model has been the rainforest, hence the term 'food forest'. Permaculture teaches the importance of site evaluation and planning. One of the key planning tools used is sector analysis. Sector analysis considers how various raw energies, such as sunlight, wind, rain, flood and fire, affect the site.

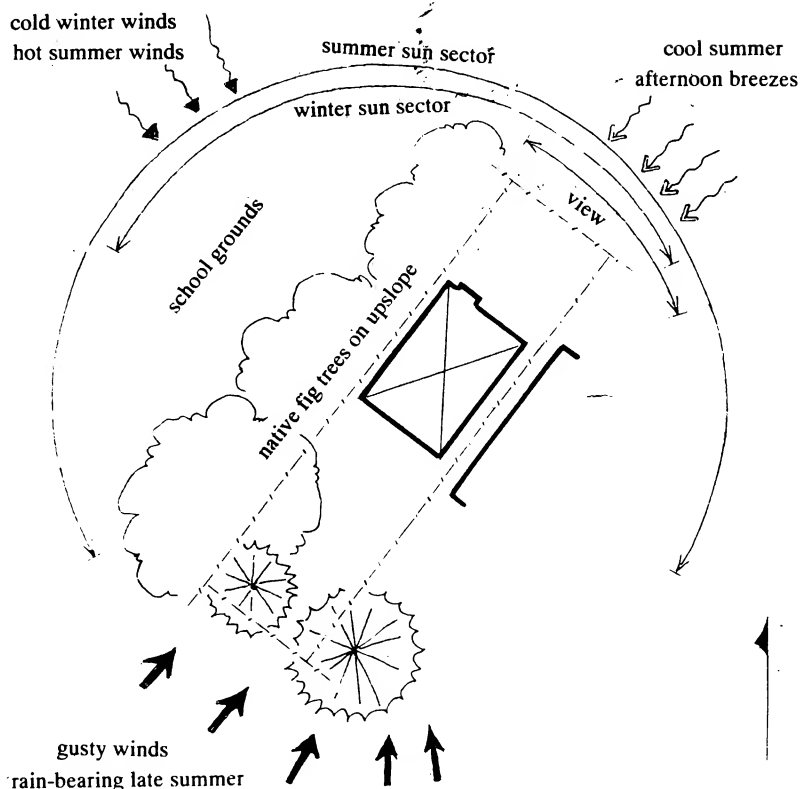
### THE SITE

Our household of four occupies 594 square metres of rectangular shaped land on an east-facing slope in the medium-density Sydney coastal suburb of Marrickville. We bought the property in mid 1991 because we liked the location, Federation style house and comparatively large front and back yards. The area is known as The Warren after a large estate established there in the mid 19th century.

The original vegetation of The Warren would have been scribbly gum (*Eucalyptus haemastoma*) woodland on the sandstone ridges (where we are) with swamp oak (*Casuarina glauca*) dominating the lowlands to the south around Cooks River. The ridges are now completely built up and the riverine ecosystem is severely degraded but not obliterated.

The sector analysis plan (see diagram) highlights some of the main factors affecting the site: wind, rain, sunlight and shade. Summer brings cooling afternoon breezes from the north-east sector and these impact on the front garden. Hot summer winds, as well as the cold winds of winter, arrive from the north-west aspect and the native Port Jackson figs (*Ficus rubiginosa*) in the primary school grounds next door give some protection from these. The south-west to south quadrant is the gusty wind sector, especially in late summer when stormy weather arrives from the south. The emerging rainforest, some large

### Sector Analysis Plan



trees and the school buildings act as a partial barrier here.

The front garden is exposed to both the north and the east. This creates a sunnier, warmer and drier microclimate than the back garden and fruit and vegetable plantings have been selected to take advantage of this. As the site is well drained because of its sloping terrain and sandy soil, some effort has had to be made to retain moisture and prevent soil erosion.

The overriding site constraint is shade, mainly from the native fig trees on our north-west boundary. On winter afternoons most of our land is in shadow and this significantly reduces the amount of sunlight available for plant growth. The extensive fig root systems also deplete the soil of water and nutrients.

Other constraints are dust from the school (pronounced during the August-

September winds) and low nutrient, poor moisture-retaining, sandy soil over sandstone and rubble. We probably don't have a great problem with lead from motor traffic since the street is fairly quiet and the site, being on the slope of a hill, experiences a lot of air movement.

### SUSTAINABILITY AND DIVERSITY

The total number of plant species on site is in excess of 200, of which about 140 are edible. Although some annuals, such as snow pea, snake bean and corn salad, are grown, we've concentrated on perennials. Annuals are a lifeform adapted to either cold winters or long dry spells (as in deserts) by means of seed survival. Perennials require less labour input and are more in tune with the notion of a food forest.

Our selection of plant species has not been random. The two main criteria

have been ethnobotanical interest and permaculture values of site suitability, multifunction and low maintenance. An interest in collecting and experimenting with rare and unusual species has meant that design considerations sometimes play second fiddle.

One of the facets we have really focused on in our household is how to use the various foods we grow. This has required library research as well as application of culinary skills. We are a long way from being self-sufficient and do not anticipate achieving that state, but our garden does make an increasingly significant contribution to household diet in variety if not in quantity.

## SOIL, WATER AND PLANT SUCCESSION

In tropical climates there is a fast breakdown of organic matter due to the constant warm temperature. Most nutrients are held in the vegetation (biomass) and the tropical rainforest provides the best model of this process. In temperate climates the decay of organic matter is slow or comes to a standstill in winter. Most nutrients are held in the soil and the humus layer is significant.

Because in Sydney we are situated somewhere between subtropical and

temperate climatic conditions I have tried to build up both soil nutrient content and vegetation biomass in the garden. This has been done through the application of manures, compost, stable straw and other organic materials (with minimal digging), on one hand, and the creation of a low canopy food forest on the other. Legumes have been planted to add nitrogen to the soil. However, as I later discovered, it cannot be assumed that nitrogen-fixing rhizobium bacteria are present in the root systems of legumes and it may well be necessary to obtain inoculated seed for propagation.

Only newly established plants, those in pots and seed-raising punnets are regularly watered. There is an electronic water timer connected to a micro-spray irrigation system, but it is often switched off now that the garden is maturing. The rainforest and heath plant patches are rarely watered as they have reached a more-or-less self-sustaining stage. Mulching with newspapers, cardboard cartons, sawdust, straw and woodchips helps to reduce soil moisture loss. The development of a canopy of tall shrubs and trees also helps reduce the need to water through shading and wind protection of the more fragile plants.

The front garden (eastern side) has

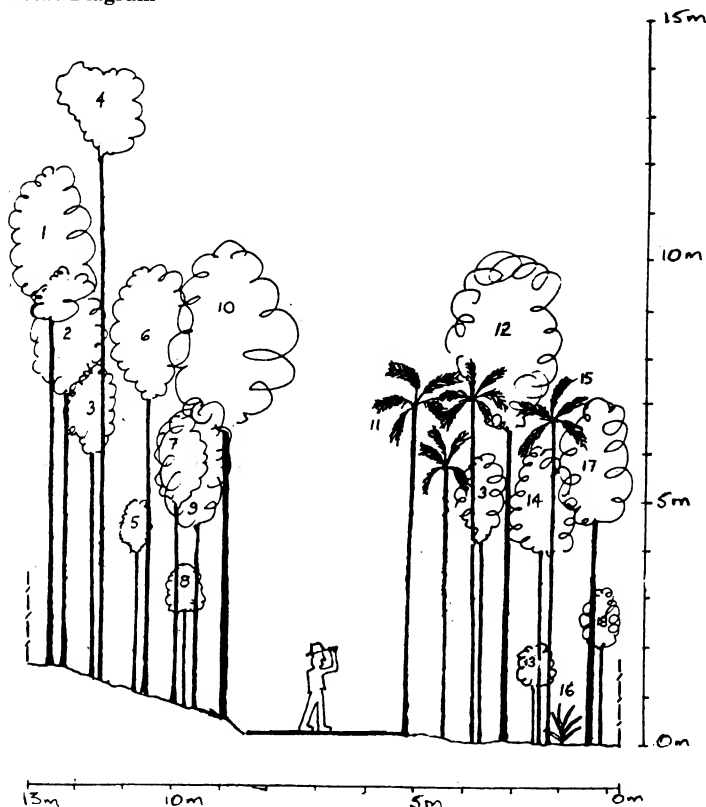
been planted with annual and perennial herbaceous plants, shrubs and small trees. This is the sunniest part of our land. It is accepted that over time there will be variation in the community of plants, with trees and shrubs eventually overshadowing and interfering with the continued cultivation and growth of a number of annuals.

This process simulates rainforest succession but at a much accelerated rate. Although some sacrifice has to be made with this design it allows greater stacking of plants and leads towards a low maintenance situation. It is a design that emphasises balanced ecosystem development as much as production. A spot has been left free of succession at the very front for sun-loving Mediterranean herbs.

## RAINFOREST

Rainforests are appealing for a number of reasons. They are a model for permaculture gardens because of their species diversity, canopy layering and nutrient recycling. They provide habitat for all sorts of animals. They have plants with interesting and attractive foliage. They offer shade from the piercing summer sun. And they provide some of the best bush tucker!

Profile Diagram



Key To Profile Diagram

- 1 Common acronychia (*Acronychia oblongifolia*)
- 2 Scentless rosewood (*Synoum glandulosum*)
- 3 Macleay laurel (*Anopterus macleayanus*)
- 4 Pencil cedar (*Polyscias murrayi*)
- 5 Finger lime (*Microcitrus australasica*)
- 6 White bolly gum (*Neolitsea dealbata*)
- 7 Long-leaved tuckeroo (*Cupaniopsis newmanii*)
- 8 Powderpuff lillypilly (*Syzygium wilsonii*)
- 9 Davidson's plum (*Davidsonia pruriens*)
- 10 Celerywood (*Polyscias elegans*)
- 11 Bangalow palm (*Archontophoenix cunninghamiana*)
- 12 Atherton oak (*Athertonia diversifolia*)
- 13 Orange thorn (*Citriobatus pauciflora*)
- 14 Bird lime tree (*Pisonia umbellifera*)
- 15 Alexandra palm (*Archontophoenix alexandrae*)
- 16 Native ginger (*Alpinia caerulea*)
- 17 Pink euodia (*Euodia elleryana*)
- 18 Narrow-leaved gardenia (*Randia chartacea*)

Our native rainforest section is located at the south-west end of our land well away from the house. The rainforest garden can probably be regarded as zone four in the permaculture system of zoned land use because its plants are semi-managed and fruit gathering occasionally takes place there. Chickens and a rabbit are allowed to forage in a fenced portion of the rainforest. Their activities do require monitoring though, as they can seriously disturb plants and soil.

The profile diagram is based on the plants found in a two-metre wide cross-section of our rainforest garden. It predicts the mature heights of species, probably about 15 years into the future. The rainforest was established about four years ago with plants already on hand. Some had been purchased as tube plants from a specialist nursery, while others had been propagated from seed collected on rainforest walks. My experience is that rainforest species are generally easy to grow, especially when compared with native heath plants.

The first reaction to the profile diagram might be a gasp and the feeling that these heights are not feasible in an ordinary suburban garden. Well, there are several factors that should be taken into account before forming any conclusion:

- It is exceedingly difficult to estimate heights of mature trees. Published data often vary enormously for the same species. It is hard to know the effect of microclimate on growth habit and it is difficult to work out the result of interaction with surrounding trees.
- The rate of growth varies from species to species so that finger lime, for instance, may take longer to reach full height than, say, the much taller pencil cedar. Therefore the maximum height



Doug enjoys the challenge of collecting and growing rare plant varieties for his city food forest.

scenario cannot easily be pinned down in time.

- The canopy height of approximately 6-8 metres (with the emergent trees) shown in the diagram is manageable if we design our garden so that it doesn't block out sunlight or create the risk of trees crashing onto the house. By natural rainforest standards 6-8 metres is a low canopy, in fact technically it is a 'vine-thicket'.

- We can cull trees as the rainforest matures. My policy is to overplant and then remove unwanted trees later. This

allows for the possibility of losses during the first couple of years. If you initially put in exactly the right amount and no more, you may find that any replacements to fill the spaces left by failures will have quite some catching up to do!

Next time I'll discuss the roles of terraces, weeds and animals in the permaculture food forest.

Since writing this article, Doug has established a small edible plants nursery. For a species list, send an SAE to: Foodscapes, PO Box 771, Marrickville 2204.

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# KOMBUCHA

## MAGIC CURE OR MYTH?

by Natalie Armstrong, Delegate, NSW.

As we move close to the end of the millennium, why is it that despite the advances of medical science more and more people are turning to healing measures which are close to nature? The kombucha mushroom has been used as a health potion for thousands of years, and is at present experiencing an amazing resurgence of popularity in the Western world.

The fungus, to which many believers attribute outstanding cures, was first recorded as being widely used in ancient China during the Tsing Dynasty in 221 BC. Ancient writings indicate that a Korean doctor was summoned to Japan in the year 414 to treat the Emperor Inkyo with kombucha from China. From China, Korea and Japan the fungus spread via Russia to Eastern European countries, where it enjoyed great popularity until the outbreak of World War II, when a shortage of tea and sugar, both essential for the cultivation of the fungus saw a dramatic decline in its use.

It was in Russia that scientists first did a study of the healing properties of the *teakwass* (or *teaquass*), as it was known to the peasants in areas in the Western Ural Mountains. These people had an unusually low incidence of cancer, despite living in areas of high pollution. Members of these communities also lived longer and remained active into old age. It was discovered that every household enjoyed a popular drink called *teaquass*, which they believed travellers had brought with them from China many centuries before.

The mushroom consists of a gelatinous and tough mushroom-web membrane in the form of a flat disc which lives in a nutrient solution of tea, sugar and boiled water, in which it constantly multiplies. It is stated that if one treats the mushroom correctly it thrives, germinates and will accompany its owner for life. The tea fungus feeds on sugar and in exchange produces valuable substances which enrich the drink: glucuronic acid, lactic acid, vitamins, amino acids, antibiotic substances; in fact a

small biochemical factory.

Dr Rudolph Skienar of Oberhassen, reported that he was able to treat successfully with the mushroom tea: gout, rheumatism arteriosclerosis, arthritis, constipation, obesity, cholesterol, and cancer especially in its early stages. In a set of documents compiled by Collen Allen in collaboration with Carl Mueller in the United States, there are many testimonials from people claiming improvements in many conditions including high blood pressure, psoriasis and other skin conditions, prostatitis, asthma, dandruff and arthritis.

### MAKING THE TEA

Boil 2.3 litres of water in a stainless steel or glass saucepan for ten minutes, add one cup of sugar, boil a further five minutes. Remove from heat and add five tea bags, preferably the round ones without metal staples. Leave for ten minutes, remove tea bags and allow to cool.

When mixture is cool transfer it to a glass or crockery container and add the mushroom, cover with a light cloth to keep out dust and impurities. (Mushroom must be allowed to breathe.) Leave in warm dark place for ten to fourteen days. Strain through plastic strainer into plastic or glass container to place in refrigerator for drinking. It is advisable to start with a half-glass of 'tea' each morning before breakfast and gradually increase to a full glass after the midday meal and another before retiring. Each time the required fermenting time is reached the mushroom should have formed a 'baby' on the original fungus. This can be passed on to a friend, or be stored in the refrigerator with a quantity of the tea liquid covering it. To ensure fermentation it is advisable to include a cup or so of liquid from a previous batch as a starter for the next batch. The tea has a pleasant taste, sparkling and slightly sour and refreshing.

### MIRACLE OR MYTH?

There are of course many who doubt

what they consider to be overextravagant claims for the healing powers of kombucha, and others who warn that it may be dangerous. It is stressed in all the literature that cleanliness in preparing the brew is essential and that the mixture must be covered during the fermenting period with light material which allows it to breathe.

Whilst all the literature available in Australia appears to come from overseas, I have spoken to several local people who have used the tea to treat conditions as varied as Epstein Barr virus, arthritis, oedema and menstrual cramps. Kombucha tea, however, is not recommended for pregnant or lactating women.

There are several publications praising the properties of the kombucha mushroom, and these are as follows: *Life Without Cancer*, by the natural healing specialist from the Netherlands, A J Lodewijkx; *The Tea Mushroom, And Its Therapeutic Properties*, by G F Barbanick, published in Russia in 1954. Books are also available in Australia from Health Food Stores and include *Kombucha The Miracle Fungus*, by J Deerson.

Like all natural healing remedies the kombucha will have its admirers and detractors. Much research is being done at present on the healing properties of many plants and trees and natural cures may be found for many of the diseases which plague mankind. Perhaps what we learn from the past will be combined with scientific discoveries of the future to lead to a more holistic approach to medicine. Who knows what the 21st century holds?

Ask at your local health food store about the availability of kombucha mushroom.



### ERASE MARKS

Those metallic marks that mysteriously appear on fridges and washing machines (white goods), china and paintwork, can be removed with a pencil rubber.

# MARRON SANDWICHES

OR

## *The Importance of Retaining a Sense of Humour*

by Peta Davies, Manjimup, WA.



In 1991 we decided to move from one of the main streets of Fremantle to the deep south-west, for reasons of life-style. You know, all those trees and fresh air, woodstoves and homemade bread, fresh eggs from your own chooks, time to slow down and do all those things you never had time for in the city? Paint, take photographs, play music, spin and knit (wool from your own sheep or course).

Was it really only five years ago that we thought that kind of indulgence was possible? Today we are more inclined to think that we experienced some sort of midlife crisis. But anyway, here we were, and naturally we had to make a living somehow to finance all that dreaming and planning. We decided marron farming was the answer. Just dig a few holes in the ground, fill them with water, throw in some breeding stock, stroll around the ponds at dusk each night from Monday to Friday dribbling a few marron pellets from our soft city hands, and then sit back and reap the rewards.

Well, we dug the few holes in the ground all right but what we seem to be constantly throwing into them, as well as marron and marron pellets, is heaps and heaps of money. First came the pipework to carry the water in and out of the ponds, and a pump to do the work. And did the ponds all hold their water? Well some did and some didn't and some still don't. Then we prepared hundreds and hundreds of hides like multi-storey buildings for the new inhabitants to colonise.

Now for the exciting bit, introducing the marron to their new homes. How many times did we want to 'pull the plug' on those ponds just to see if the marron were still there? How long did we spend gazing into the murky depths just hoping to see some movement? And then there was more panic when we realised there were bird footprints all around the edges of the ponds! How

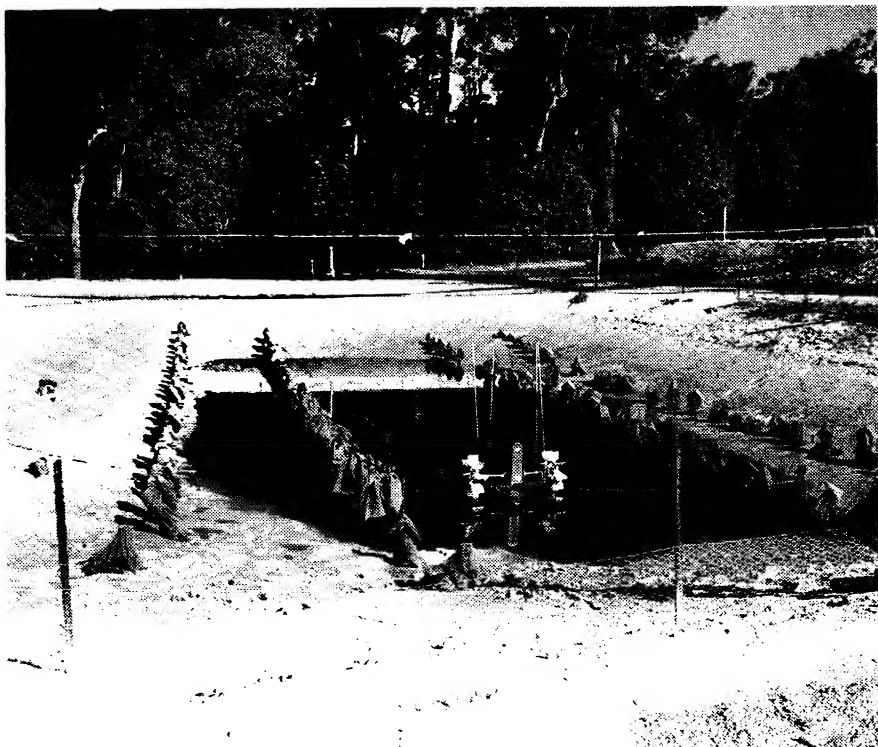
come no one told us that just about every bird (and some mammals) in the south-west just loves marron?

Next came the bird netting to protect them from predators – miles and miles and miles of it. And then to make sure these increasingly expensive and rottenly indulged creatures got plenty of oxygen so that they would thrive and grow huge in no time at all, there had to be paddle wheels. That meant electricity connections and trenches to carry all the cables. Can someone please tell me how marron can possibly flourish in the wild with no one like us to look after them?

Now and again we brave the elements and carefully and tenderly gather

a few little creatures to check on their progress. It's a bit like taking the new baby to the clinic for the nurse to make sure you're doing everything right. Marron prefer a range of water temperatures between 12.5 Celsius and 24 Celsius. They will not grow at temperatures lower than 12.5 Celsius and the optimum temperature for growth is 24 Celsius. They live in water with a pH value between 7 and 8.5. On hot days we check the water temperature for them. We check the pH. We anxiously scan the water surface for hints of green slime. We agonise over tadpoles. We're getting ulcers.

And don't forget the shed. They say every man needs a shed and ours is a



A marron pond at Running Gully being drained.  
Note the paddle wheels in the centre, used to help oxygenate the water.

beauty. It even has a verandah over the lake, with two striped director's chairs to sit in and admire the sunset as a perfect day on the marron farm draws to a close. So far they've come in very handy for holding piles of hide material and netting.

Once the marron were all settled and, hopefully, breeding nicely, our next major expenditure was marron traps, so that at great inconvenience and even greater cost, having put the marron into all the ponds, we can now begin taking them out again! And where will we put them while we're catching enough to move, or sell, or count? That's right, more construction work, and the drawing board is likely to be in a conspicuous position for a long time to come.

Never mind. We didn't get around to the painting, or the music, or the knitting, but at least we have a healthy, outdoor lifestyle. Healthy, but poor. We do make our own bread now and again. What did you say? *Marron* sandwiches? *MARRON* sandwiches? You must be joking!

### CLEAN SHOWER HEAD

If your shower head needs cleaning, soak it in vinegar overnight.

# HEALTHY LIFESTYLE

## FISH OIL TO PREVENT ASTHMA

Research undertaken at the University of Sydney suggests that fish oil reduces the chance of children developing asthma by 75%. The fatty acids in the fish are said to prevent inflammation of the airways when exposed to allergens. The fish must be fresh, and oily fish such as salmon and tuna are most effective.

## ANTI-OXIDANT OLIVE OIL

Very recent research suggests olive oils which have been through very little processing (called 'extra virgin' or 'virgin') may have added benefits above other oils, because they are very high in a group of compounds called polyphenols. It's thought that these may have a protective effect on health due to their anti-oxidant properties.

## STRAIGHT TEETH

Breast-fed babies are more likely to develop straighter teeth, according to a John Hopkins University study of 10,000 babies. Babies breast-fed for more than a year had fewer crooked teeth than those bottle-fed. The more vigorous

sucking with breastfeeding increases muscle and jaw development. The tongue motion is different in the two feeding methods and influences the alignment of the teeth.

## HERBS EASE NAUSEA

Ginger is an effective herb to ease nausea and can actually prevent vomiting.

Chamomile and meadowsweet are said to relieve nausea due to morning sickness and these herbs are also often included in formulas for improved digestion and heartburn relief.



## UTI'S LINKED TO SPERMICIDE

Some cases of urinary tract infection (UTI) in women may be caused by the spermicide on their partner's condoms, the *American Journal of Epidemiology* has suggested. Researchers have concluded that spermicide-coated condoms were responsible for 42% of the UTI's among women exposed to the products.

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Robert & Margaret Herbst  
Romsey Country Gardener, Ph/fax 03-5429-5339

# YEAST FREE BREADS

by Pamela Odijk, Caboolture, Qld.

Photo by Herman Odijk.

As early as the thirteenth century attempts were made to regulate the price and quality of bread. The 'assize of bread' of 1266 states that punishments for selling 'bad bread' should include 'being drawn upon a hurdle through the great streets where most people be assembled and him that be the most dirty, with the faulty loaf hanging about his neck'.

And in Tudor times, Fynes Moryson wrote that 'the English husbandmen eat barley and rye brown bread, preferring it as it abideth in the stomach; but citizens and gentlemen eat most pure white bread' – which, we assume did not abide in the stomach!

Be that as it may, there are some people who have trouble digesting this staple in Western diets. Some, including my own grandson, have an allergy to yeast, hence my search for recipes for him, which may be useful to others too.

## RECIPES

### Irish Soda Bread

- 4 cups plain flour
- 2 tsp bicarb soda
- 1 tsp sugar
- 1 tsp cream of tartar
- 2½ tsp salt
- 1½ cups buttermilk
- 1 dsp margarine

Grease baking tray and turn oven to moderate. Sift flour and bicarb soda, sugar, salt, and cream of tartar into a bowl. Add enough buttermilk to make a soft dough. It may be necessary to add a little more buttermilk. Turn dough out onto a lightly floured board and knead for about one minute. Shape dough into a ball and place on the baking tray. Flatten into a circle and with a sharp knife cut a cross about half a centimetre deep into the top of the loaf. Bake in moderately hot oven for approximately 30-40 minutes, until it is golden brown and sounds hollow when tapped with the knuckles. Place on a wire rack to cool, and brush the top with melted shortening. Serve sliced and buttered.

### Sour Rye Bread

Sourdough starter:

- 2 cups warm potato water (unsalted



water in which potatoes have been boiled)

- 2 cups plain flour

Mix this well in a nonmetal container. Cover with a cloth and leave to ferment in a warm place for two to three days. Half of this quantity is used – it can be replenished with more flour or potato water and will be ready again six hours later, or the unused half can be frozen, but it must be thawed for twenty-four hours before it can be used again.

- 3 cups rye flour
- 3 cups plain flour
- 2 tsp sugar
- 2 tsp salt
- 1½ cups warm water
- 1 cup sourdough starter
- ½ tsp bicarb soda
- 2 tsp caraway seeds (optional)

Measure the rye flour, 1 cup of the plain flour, sugar and salt into a bowl. Mix in the water and starter and stir well. Cover with a cloth and leave in a warm place for twenty-four hours. By this time the mixture should have doubled in bulk. Stir in 1 cup of the remaining flour mixed with the bicarb soda. Turn the dough out and knead in the remaining cup of plain flour with the caraway seeds. The dough should be firm. Use more flour to obtain this consistency if necessary. Divide into two round loaves. Place the loaves on greased trays, cover and leave for 3-4 hours in a warm place until doubled in bulk. Prick all over with a skewer or make slashes with a sharp knife. Brush with water and bake at 200°C for about 40 minutes. Cool on a wire rack.

### Brown Bread

- 500 g wholemeal flour
- ½ tsp salt
- 1 tsp brown sugar
- 1 tsp baking powder
- 1 tbsp wheatgerm
- 1 tbsp oatmeal
- 1 egg, beaten
- about 430 ml buttermilk
- sesame seeds (optional)

Sift flour, salt, sugar and baking powder into a bowl. Add any bran left in the sieve to the bowl. Stir in the wheatgerm and oatmeal. Add the beaten egg and enough buttermilk to make a soft (not sticky) dough. Place the dough in a greased and lined loaf tin and sprinkle with sesame seeds. Bake in 200°C oven for about an hour or until the loaf sounds hollow when tapped. Cool on a wire rack.

### Breakfast Bread

- 2 cups milk
- ½ cup honey
- ¼ cup treacle or golden syrup
- 2 tsp bicarb soda
- 1 tsp salt
- 3 cups flour (or any combination of flours)
- ¼ cup raisins or sultanas (optional)

Mix milk, honey, treacle, soda and salt. In another bowl mix the flours and sultanas and pour the first mixture over this. Mix. Pour the batter into a greased and lined baking dish and bake in a 200°C oven reduced to 180°C immediately. Bake for an hour at this lower temperature setting. One day later this is also good to slice and toast.

### Indian Fried Bread

Mainly for curries, but can be eaten any time, even for a snack.

- 1½ cups plain flour
- 2 tbsp butter
- ½ tsp salt
- approx 175 ml warm water
- a little oil (or ghee), or a substitute

Sift the flour and salt together. Rub in the butter. Slowly add sufficient water to make a soft dough. Knead for about ten minutes. Roll out thinly and cut with a scone cutter. Roll each of these circles out again until they are very thin. Place flour between them as they are stacked as they tend to stick together.

Heat a frypan to 180°C in which a little oil or ghee has been placed. Put in several 'breads', pressing each with the back of an egg slice as this causes them to puff up. Turn and cook the other side for a few seconds. Drain on a paper towel. Serve hot with curries. Delicious.

### Naan Bread

- 500 g SR flour (2⅔ cups approx)
- 1 egg
- 2 level tsp salt
- 1 tbsp yoghurt
- 1 level tbsp sugar
- 1 tbsp melted butter
- 1 cup milk
- 1 tbsp cumin seed or powdered cumin (can be omitted if children do not like this taste)

Mix all the ingredients together in a bowl, cover with plastic and leave to stand overnight. Next day, knead very well on a floured surface until smooth and elastic. Pinch off small pieces of the dough, about 60 grams, and knead them into balls. Then roll or pull them into the shape of a teardrop.

Place a few at a time on aluminium foil on a griller under a medium to hot griller and bake until puffed and golden, turning once. *Don't walk away* and leave them while they are cooking as they cook in a few minutes. Serve warm.

### 'Navajo Fry' Bread

- 6 cups unsifted flour
  - 2 tbsp baking powder
  - 1 tbsp salt
  - ½ cup instant powdered milk
  - lukewarm water
  - fat (or substitute) for frying
- In a bowl combine the flour, salt, baking powder and dried milk. Add enough water to make a soft dough. Knead thoroughly. Pinch off a ball of

dough about the size of an egg. Shape it round and flat with a small hole in the middle. Work (or roll) it back and forth making it thinner and thinner, but keep the hole in the middle. (Apparently the Navajo Indians slap the dough back and forth in much the same way as Mexicans do when they make tortillas.)

Have hot fat ready and drop the thin round of bread into the fat (or substitute) to fry to a light brown. Turn it over and brown it on the other side. Drain on a kitchen towel. Serve hot with butter, jam or honey.

### Girl Guide/Boy Scout Dampers

(These are good fun for barbecues or camping trips too.)

- 225 g white flour
- 2 tsp sugar
- 4-5 tsp baking powder
- 1 level tsp salt
- 50 g butter or margarine
- 275 ml water

(These measurements are not critical – a little more or less will not do any harm.)

The idea is to make a firm dough which is manageable. Roll the dough into strips and wrap these around green twigs and either cook them over a campfire or poke one end of the stick in the ground some distance from the fire and allow the bread end to cook over the heat. Make sure that the bread cooks – not burns. Rotate the sticks from time to time to allow the bread to cook evenly.

### Peanut Butter Bread

- 2 cups flour
- 1 cup milk
- 3 tsp baking powder
- 2 eggs
- 1 tsp salt
- 1 cup peanut butter
- ½ cup sugar

Grease a loaf tin (or two smaller tins). Heat oven to 180°C. Sift flour, baking powder and salt. Beat milk, eggs and peanut butter well. Add to dry ingredients and mix until well blended. Pour into the tin(s) and bake for 1 hour for single loaf or 40 minutes for two smaller loafs.

### Wiggs

Wiggs were small white buns which in days gone by in England, were 'taken with a glass of sack or Mediera' or simply dunked in a cup of breakfast chocolate. These wiggs are great for breakfast.

- 175 g flour

- 25 g castor sugar
- 1 tsp baking powder
- 50 g butter
- 150 ml milk

Sift the flour, sugar and baking powder into a bowl and make a well in the centre. Heat the butter and milk together until the butter is melted and the milk just on boiling point. Pour the liquid into a well in the flour and stir while continuously drawing the dry ingredients into the liquid. Knead lightly to a smooth dough.

Place large teaspoons of the dough onto a greased baking sheet and cook in a moderate oven (180°C) for about 45 minutes.

### Apricot and Banana Bread

- 1 cup chopped dried apricots
- 1¼ cups flour
- ½ tsp bicarb soda
- 90 g butter
- ⅔ cup castor sugar
- ½ cup mashed banana
- ¼ cup sherry
- 2 tsp baking powder
- ¼ tsp salt
- grated rind 1 lemon
- 2 eggs

Soak apricots in sherry for 1 hour, then drain. (Keep the sherry for using in a trifle.) Preheat oven to 180°C. Sift flour, baking powder, bicarb soda and salt twice.

Cream butter and sugar with the lemon rind. Beat in eggs one at a time. Fold in the fruits alternately with the flour mixture. Place mixture into a greased and lined loaf or bread tin and bake for 1 hour or until cooked. Cool on a wire rack. This can be iced if desired.

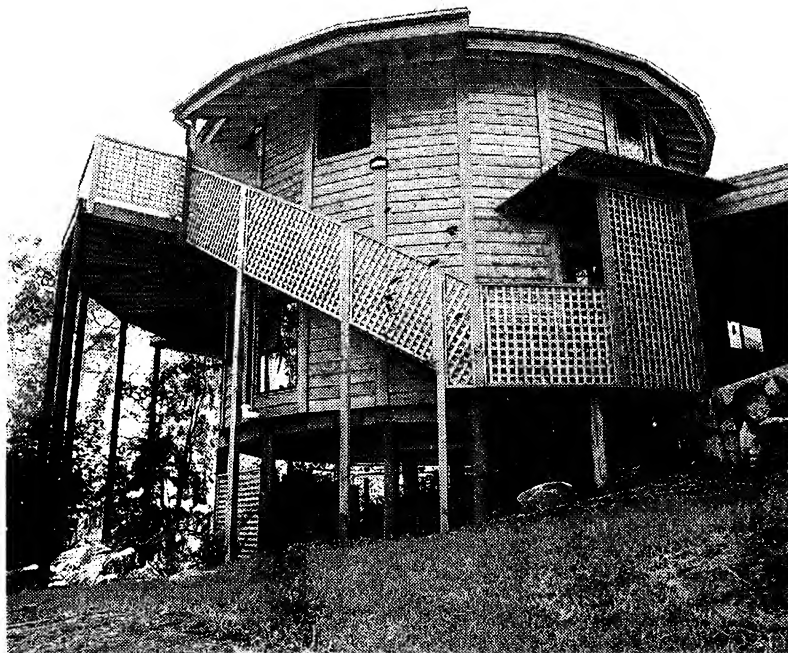
### Mango Bread

- 2 cups flour
- 1 tsp bicarb soda
- 3 eggs
- 1 cup salad oil
- ½ cup grated fresh coconut
- ½ cup chopped macadamias
- 1½ cups sugar
- 2 tsp cinnamon
- 1½ cups diced mangoes
- ½ cup raisins
- 1 tsp vanilla

Preheat oven to 180°C. Sift flour, sugar, bicarb soda and cinnamon. Add remaining ingredients and mix well. Pour into two small or one large greased loaf tin and bake for 1 hour or until bread shrinks away from the sides of the tin. Cool.

# DOWN HOME ON THE YURT FARM

by Rosie Young, Goulburn, NSW.



'What on earth is a yurt?' The question is still being posed, even though it is over sixteen years since Mike Shepherd brought yurts to Australia.

A yurt is a round timber building, based on the design of the Mongolian tent, having no central support: the roof is held in place by a steel cable which is threaded through the base of the roof sections, then tightened and secured. Today's yurts have adapted the ancient design to maximise the efficient use of materials and space to produce an aesthetic accommodation module.

Modern yurts have been put to many uses. Both professional and domestic customers have found them to be a pleasant solution to their temporary and permanent accommodation problems. Yurts are in use as offices, consulting rooms, information booths, showrooms, sales offices, food outlets, ski and holiday lodges, day care annexes, domestic pool and barbecue cabanas, sewing rooms, studies, retreats, and also as meditation centres. Basically, if you require shelter then a yurt could be for you.

A basic yurt is a many-sided circular structure, available with either slanted or straight walls. By adding extra height to the basic straight-sided yurt, annexes can be added to provide additional accommodation or to form the hub of a yurt complex. There are three standards of finish available in a variety of materials to suit different tastes and budgets.

A typical customer is Peter, who ordered a 5.1 metre yurt to be constructed on his farm at Murrwillumbah. He aims to supplement his income on his organic farm. Visitors are always coming to stay and extra accommodation in yurts seemed the obvious way to quickly and cheaply provide this need.

The Goulburn Yurtworks was notified of the order for kit pieces only. Plans and specifications were sent to Peter for the cost of \$280. On approval, the utility plus trailer arrived at the yurt farm, ready for Peter and his family to stay in a yurt, eat home-cooked yurt farm food, and be ready to collect their yurt and drive off next day to start on their own adventure.

A book of instructions, plus video, is all they need, provided at least one person knows how to swing a hammer. Husband, wife, children, friends, the neighbours, even grandchildren, are likely to join in the fun of construction. Yurts go up fast because frames are premade and ready to erect on arrival. Cladding ranges from fancy cedar timbers to second-hand paling fence material. Peter chose cedar, and the whole neighbourhood was fascinated with the instant, quick, classy accommodation.

The cost of the frames for the 5.1 metre yurt was \$4033. The skeleton frame of a yurt consists of 6 triangular floor frames, 12 stud wall frames, and 12 roof truss frames. Sections weigh about 65 kilograms each and can easily be handled by two people. The labour cost is low because of the speed of erection, making the yurt cheaper than most traditional buildings. Extra costs include cladding material, roofing, the skylight.

Peter chose annexes to enlarge his yurt from the beginning, others buy annexes at \$1200 each (frames, floor, roof, walls 2.8 metre extension from the orig-

inal circular yurt) so as to extend the building in a step-by-step manner. You can add up to 12 annexes to the 12-sided yurt.

But, what on earth is a yurt farm? It's a 1170 acre property called 'Gunningbar' situated 20 kilometres west of Goulburn. There, an exhibition yurt village displaying numerous yurts constructed of different materials, provides accommodation for those wishing to experience a back to basics farm holiday. The village runs totally on alternative power systems, incorporating solar heating and lighting, a wind generator and a donkey boiler hot water system.

Surrounding permaculture gardens incorporate lots of local manure, water from the recently built stone tank, canals from sewage, solar cooker ovens and bread ovens made from drums embedded in rock. Fruit trees and a pumpkin patch are new innovations, drawing water from donkey boiler showers.

Yurts for sale are manufactured in the Goulburn factory, but Mike Shepherd's first love is offering city children the opportunity to enjoy living and learning through a wide variety of activities, while staying on a real farm. Visitors to Gunningbar include cubs, scouts and guides, community, school and permaculture groups, and families and friends. In 1996 the farm was visited by over 1300 children. As well as participating in the usual activities – milking cows, mustering sheep, collecting eggs, feeding the animals, etc – the children learn

basic bushcraft skills, with the emphasis on living with less. After initial culture shock the young visitors adapt well to the realities of a different lifestyle, once they understand some of the basics: that getting hot water from a shower involves collecting wood and lighting a fire under the donkey boiler; that making pancakes means grinding wheat to make flour; and that quenching a thirst on a hot day relies on rain running off the roof and into the water tank.

It often comes as a surprise to city kids to learn that milk does not originate in a carton and their faces register astonishment when Mike expertly shoots a stream of warm milk from a cow's udder directly into his coffee cup. A further advantage of keeping cows is illustrated by the wheelbarrows full of manure which are taken regularly to the farm's organic gardens.

There are plenty of just-for-fun activities too (although everything is fun on camps): the flying fox, canoeing, swimming, catching yabbies, tennis, volleyball, horse riding and fishing (but you have to make your own rod first!). Mike encourages children to extend themselves, to gain confidence, to try something new, and, first and foremost to know that it's okay to make a mistake. Once that hurdle is overcome the door is open for creativity and achievement.

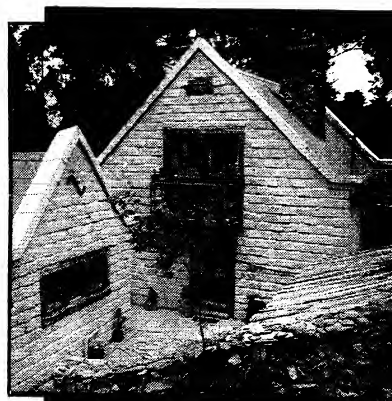
At the end of the day there is a campfire to sit around, sing-songs and entertainment, music played on homemade instruments, bush poetry, games and ghost stories. The sky is big at Gunningbar and a simple delight is to just sit beneath it, toasting marshmallows and looking for a shooting star to wish upon.

Previous articles about yurts were in GRs 56 and 86.

For more information about yurts or the yurt farm phone: 048-292-114 or 048-215-931.



A fascinated group watches the process of yurt construction as the cladding (above) and the roof frame (below) go up.



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# THE CIRCULAR SKIRT

by Pam Cole, Tuncurry, NSW.

Being short and motherly in shape (or is that 'height-and-slenderness-challenged'?), I feel somewhat like an animated tea-cosy in my circular knitted skirt, but my word it is comfortable! After making the Accidental Dreamcoat (GR 114), which grew out of experiments with homespun and then home-dyed fleece, there was a lot of knitting wool left over, bits and bobs of many colours. A pattern book turned up containing sample squares and instructions for many intriguing designs; not just cables and twists, but grape bunches, shells, bouquets and many more. I wanted to try each one.

A couple of acquaintances were producing wonderful no-seam jumpers by using a single item known as a circular needle. It looked tricky, but if they could manage maybe I could too. This had to be tried out!

All three of these circumstances jelled and The Circular Skirt more or less invented itself from there. When I came across a circular needle in my late mother's workbox one rainy afternoon in autumn, it seemed time to begin.

I fiddled about to get the hang of the thing. It is a loopy contraption consisting of two slightly bent looking needles joined by a twisty, whippy, and at first unmanageable plastic tubular cord. From the tip of one needle along the cord to the second tip is a metre, which gives the whole gadget a lot of exasperation potential to the beginner, as far as loops and twiddles are concerned!

Then I experimented, cast on a few stitches, and found that instead of knitting back-and-forth in the usual way, changing over at the end of each completed row, with circular needles you just plough ahead, knitting all the way. No purl row was needed to produce stocking stitch! It's got to be quicker because of that, and there are no seams. For me the pleasure of knitting is always cancelled out by that boring chore of sewing up once you've done the enjoyable bit.

After wildly guessing at an approximate number of stitches, and deciding the length would be determined by the time the wool ran out, I cast on and tried

several serious circuits. 'Fun! Then it became a bit ploddy and boring. Where was that book of assorted patterns? Ah, just the thing for my butterfly concentration. As I'd begun with scraps of oceanic blues and greens and purple, I first tackled a pattern called Waves and Shells. Then, as I'd knitted my way into a ball of sea blue, I tried something called Sea Foam which was sort of open-work bubbly blobs. This was intriguing to do. After that an odd skein of tweedy maroon/fawn/heather combination came into use. Okay, I thought, we're up off the shore and onto land now, so first a few rock-strata-like stripy bits, and then a band of blobby blooms on twin-leaved stems began to emerge from a pattern titled Little Flowers, this time using up a spare ball of peachy pink.

These designs, by the way, were meant by the book to be in lacy thread

on anorexic needles, but they were doing just fine in the thick and chunky stuff, so on we went. Say what you like of my colour scheme the scraps were being used, already 20 centimetres of skirt had been produced. The thought of no sewing up afterwards added to the enjoyment.

There was another fancy band called Bear's Paw (thought the animal world should be represented as well as flowers, sea, sunset sky, and rocky earth tones!), after which I settled for blending the leftover yarn into tolerable stripes and rabbit-ear stitch. It was definitely not a portable craft item by this time. Needless to say this had gone on over several cold and windy weeks and the garment had become a bulky knitted tube measuring 55 centimetres in length and roughly 135 centimetres around. Don't ask for more detail than that. I



Pam displaying her cosy colourful work.

simply cast on what looked about right and started off. It was probably about 300 stitches in wool varying in thickness, but mostly 8-ply in appearance, and the needles were of number 7 size, (4.5 mm) measured on Mum's old-style gauge from the 1940s which accompanied them.

A few more twiddly bits from the sample pattern book brought this snappy creation up from above-ankle-length to hip level, and the wool was almost finished.

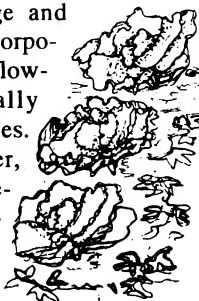
At this point common sense took over, and I began decreasing evenly, proceeding from hip to waist level in a finer wool, decreasing again to what looked to be about the right size for easy access; knitted a ribbed band with a row of eyelet holes right around its centre; hoped for the best and cast off. With a crocheted cord threaded through the eyelets, the skirt can be slipped on, tied, and the ends tucked away. Voila!

Even in our coastal semiparadise we get miserable chilly days when cosiness is called for. The Circular Skirt bestows upon its wearer all the cosiness of Granny's knitted hot water bottle cover, and doubtless, given my build, much of the same look!

# GARDEN TIPS

## LETTUCES AND COMPANION PLANTING

Lettuces grow well with strawberries, cabbage and beetroot. Consider incorporating them into the flower garden, especially varieties with red leaves. Left to bolt and flower, they will attract beneficial insects like parasitic wasps that will in turn protect more of the crop that is at earlier stages. Interplanting with French marigolds will help deter chewing pests.



## MORNING GLORY

An effective way to get rid of morning glory is to spray undiluted cider vinegar directly onto the leaves.

## PLANT LABELS

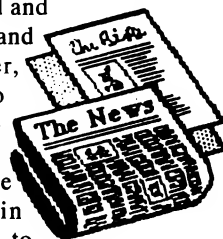
Use wooden icy pole sticks to label plants and seedlings. Coat with clear nail polish to weatherproof printing.

## AN UMBRELLA TRELLIS

If you have a discarded umbrella that is past being useful to keep the rain off, recycle it in the garden. Remove the cloth from the frame and run a wire through the tip of each rib wrapping it around each point once to hold the arches stationary and spaced equally apart. Insert the handle in the ground with a climbing plant growing beside it, and train it to grown up and along each rib.

## PAPER MULCH

Be careful when adding white shredded papers to mulch being used on edible plants – computer paper and others have often been bleached and so contain chlorine and dioxins. Newspaper, however, is okay to use. Never use coloured paper to mulch food gardens as the dyes may contain chemicals harmful to both the environment and to chemically sensitive consumers.



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# I WISH SOMEONE HAD TOLD ME ABOUT: HOW EXTREMELY DIFFICULT IT WOULD BE

by Ellen Tisdell, Donbogan, NSW.

October 1976, twenty-one years ago, after moving 23 times in nine years we were feeling in need of a permanent abode, our two sons aged 9 and 11, badly needed a permanent school. When the company that Hubby worked for folded we took the plunge. With our deposit, zero savings, some work commissioned for our road grader and after three 1200 kilometre round trips and a 15 hour train journey for the boys and I, we moved to our 118 acres of scrub near Coonabarabran.

As we unloaded all our worldly possessions including goat, dog, cat and four small kittens, chooks of various breeds, a few ducks and heaps of pot plants, we debated whether we had been a little hasty with our decision. But we had burned our bridges. So there we were, 20 kilometres from the nearest town drinking water and ice for the Esky, five kilometres from a dam from which we bucketed water for all our needs into 200 litre drums on the back of our truck.

Housing was not a problem. We erected our tent to serve as a bedroom, a large lean-to tarp as a lounge room, a screen-house as a kitchen/dining area and a brush bit out the front as a makeshift bathroom-cum-laundry. Storms came often that first summer. We stretched a cheap tarp between four pine poles. The water runoff from this was collected in a new large plastic garbage bin and stored in every available container.

Nothing, not even all the camping and fishing we had done over the years, prepared me for the complete feeling of isolation and claustrophobia each time I returned from driving our sons the ten kilometre trip to the school bus. The scrub seemed to enfold and stifle me.

Washing was done with the expenditure of much time and effort and ironing with a flat iron heated on a gas stove. Cooking was mostly done on the open fire – we had a lot of barbies that first summer. Hubby brought ice home every day until we were loaned a kero fridge, a wonderful invention though a challenge to keep going.

My first garden consisted of potatoes grown from sprouted bits and covered with soil, chook manure and leaves. They grew so well that I added silver beet, beans, parsley, tomato, cucumbers and others, all watered with grey water. We tipped all our used water into a 50 litre drum filled with charcoal and with a hose fitted to the bottom. I was very limited in gardening space because of all the trees, but I really enjoyed my pot plants.

Hubby saved my sanity by clearing roughly five acres from our boundary to the home site, but not the home site itself as the dozer would have made a huge mess. The view admittedly only overlooked a small pine plantation, but my claustrophobia was a lot better.

Slowly things began to change. Although Hubby worked long hours he still found time to start our home. First came the slow combustion stove, complete with feeder tank and hot water storage (we tendered \$40 for it). We poured the concrete slab, of course with handprints and date. This was a landmark occasion for all of us as we felt that our home began with this slab.

Once we had a temporary roof and shower we thought we were in heaven. Even though we had to mix hot and cold

water together in a twenty litre plastic drum, with the top half cut out and a hose on the bottom, winched up to a height with a boat winch, none of us cared. It was a lovely shower. We really appreciated the variety and taste of food cooked in a 'proper' oven after all that campfire cooking.

Have I mentioned that we built on a rocky area? Needless to say every post-hole of our 20 by 30 metre abode was painstakingly gouged in our rocky soil. Most of the posts were acquired from the immediate area, but had to be stripped of their bark. Our sons became quite adept at this chore. Slowly the poles were in place and the roofing trusses secured firmly by Hubby standing on a drum or the back of the truck, or both, until he made a ladder of poles. He had a fear of the roof blowing off, hence everything to do with the roof was and still is firmly attached. Unbarked logs were drilled with a hand brace and bit and nailed with long nails.

Timber for the window frames and roof battens was bought from a timber man in town. Hubby's parents bought the roofing iron and his father helped him put it up and secure it to the roofing battens. Hubby bartered work hours for



Our finished home – the result of much blood, sweat and tears.

some windows, others we bought at auction sales, mostly clearing sales on farms. I loved auction sales and was the best fifty cent bidder. Deciding what to bid for was a joint effort. Over the years we bought many items: pot plants, doors, windows, roofing iron, cupboards, water tanks, preserving bottles, pot plants, machinery, tools, more pot plants, everything you can imagine and a few things that are beyond imagination. At one of our early auctions we obtained an old American redwood clothes mangle. Hubby erected it on sleeper backs over the wash tub. It saved me so much hard work, but also smartly mangled the buttons if I wasn't very careful.

Slowly over the years we evolved, adding more rooms and internal walls, replacing pine poles and old windows with weatherboard and aluminium sliding windows, replacing the hessian ceiling with exposed beams and panelboard, building a verandah and pergola, carports, screenhouse, work shed, pig shed, stock yards and much more.

Our power supply evolved along the way, from hurricane lanterns and lamps to gas light (too noisy and expensive) to tilly light to one solar panel and two fluorescent lights plus 5KVA generator. This generator was to make life so much easier for me. I could vacuum, iron, use my washing machine, food mixer, food processor. It wasn't until we got our present power supply (six solar panels, a bank of batteries and a trace inverter/regulator) that we had to have the house wired by an electrician and passed by our local county council so we could receive the fifty percent of our \$8000 outlay from the government on their Rapis scheme. I really enjoyed all that lovely power; I had hated the noise of the generator.

We cleared the land. By clearing I don't mean we flattened the lot. Areas for pasture were cleared but heaps of trees were left. Some areas were left in their natural state with moss-covered bush rocks, native ferns, orchids, and lovely native flowers. What a wonderful surprise we had when on under-scrubbing the area below our home, not only did we have an extended view of seventy percent of our land, but a lovely view for miles.

Dams were dug. We were lucky to find a spring running into one of them. A fire fighter pump was placed on the one closest to the house and water pumped into a tank for the garden and loo.

Purchasing one roll of wire at a time we fenced our property into five paddocks, incorporating water in every paddock. Hubby worked extremely hard; we all did. Our grader broke down so we sold it. From then on Hubby worked as a plant operator, mostly dozer work, camping out during the week and driving long distances for the weekend. The boys and I held the fort during the week.

After we extracted the rocks from the garden area they were removed with a tractor and scarifier and carted away on the carryall. Massive amounts of hay and manure were added to my self-sufficient vegie patch. We planted heaps of fruit trees and were able to preserve fruit, make jam, chutney, beer, bread and soap.

By this time our poultry had multiplied to 100 or so, a barnyard mixture of chooks, ducks, geese, guinea fowl and bantams. I sold enough eggs and chooks to pay for feed and leave a tidy profit. Poultry meat was free and a good standby. Sheep have been our major source of meat, their wool paying our rates and rego on our vehicles. I spent a lot of profitable hours in my screenhouse. I used my own compost when potting cuttings from our gardens, mostly geraniums, daisies, pelargoniums ground covers, lots of different succulents and soft plants from the house and sheltered areas, ferns and begonias. Hubby made me bark hanging pots. I could have made a lot of money if I had had the time or inclination to follow the markets.

Kinfolk visited regularly over the years, helping with building and shearing and generally having a holiday in the bush. Other people moved on to their blocks within our first year, each with their own problems. Hubby being the 'old hand' helped where he could. We made some good friends, and, with lots of casual friends as well, many a roaring party was held under our hessian ceiling.

It was always feast or famine (well not really famine) with us. When work was plentiful we bought things such as fencing wire, washing machine, machinery, gas fridge and freezer, solar power bits, etc, etc. When there was no work Hubby worked on the farm. Never did we ever go without anything we really needed.

Some of our really high times in the last 20 years were: when the laundromat opened in town during the first year; obtaining solar lights and generator in

the second year and a black and white 12 volt TV the following year; when our first calf, lamb and piglets were born (each time an egg hatches I still get soppy); our first batch of homemade brew, and of bread from our oven; just sitting looking out over our view and all those silly things that have made our lives so special.

Our sons have flown the nest, each with their HSC certificates. They made lots of friends. Our eldest is a registered nurse, our 'baby' is now back in Australia after having spent four years in Russia. At last Hubby doesn't have to work so hard. The sheep still need culling for and the paddocks need to be slashed to stop the scrub returning. My gardens and lawns have flourished with lots of TLC. The vegie patch only produces enough for the two of us. We culled the poultry to leave us with a few hens and a rooster. The bread making and preserving have fallen into decline.

Of course we have had our ups and downs. We fought the council when they wanted to zone our land residential rural. We won and now have one of the few small holdings zoned farmland. There have been droughts when the dams got really low, but never in all these years since the dams were made and tanks erected have we been without water.

Over these last few years my hands have deteriorated. With a few adjustments we were surviving nicely, until Hubby broke down with a bad back. After numerous hospital stays and specialist visits (it's almost a 400 km round trip each time) they discovered he had spinabifida with some osteoarthritis. He has had one hip replaced, has to wait one year for the other, but his back is the major problem. So after much deliberating we have come to the agonising conclusion that we have to move close to a big town (city even). The backbone of our existence has evaporated. We sold the sheep. Cutting wood for the fires is a major hassle. That's it – sell. But alas, this is where the crunch comes. I wish someone would have told us how extremely difficult it would be to sell. Although we have advertised extensively, no luck yet. We are hoping, wishing, someone will buy it before it reverts to scrub once more.

Since writing the above Ellen and her 'Hubby' have sold their property and moved to a more convenient location. Hubby is still waiting for the operation – now on the short list.

# LEARNING TO LOVE SOUTH DEVONS

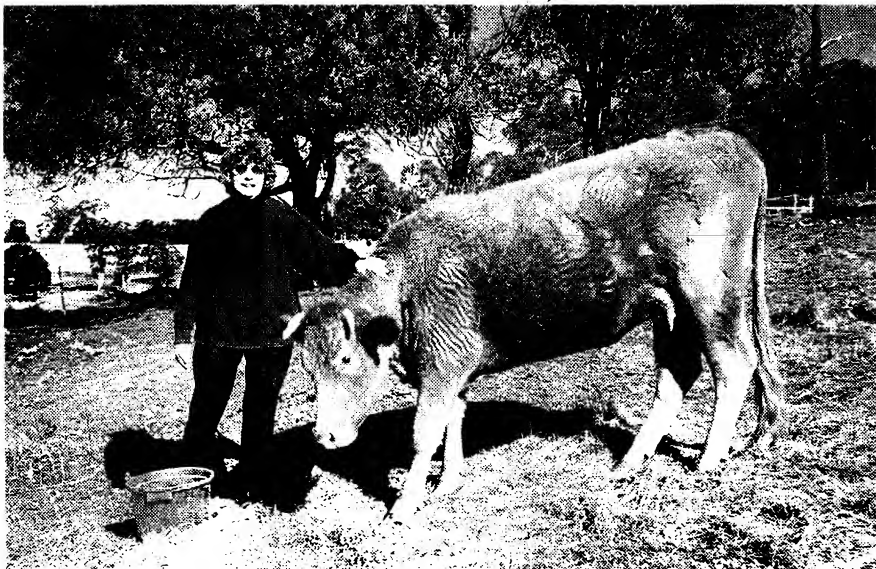
by Wendy Valentine, Meadow Flat, NSW.

I didn't think I would, but I have. Before I moved to the country I had read articles on keeping a house cow and thought, well, perhaps we will and then finally decided, no, we won't. You probably get too much milk and feel guilt-bound to use the surplus and end up killing yourself with extra work making cheese, yoghurt and butter.

It was after we made our move and viewed our twenty acres and I realised we couldn't let our neighbour's sheep keep it cleared forever that I came to the conclusion that we needed something to keep the grass down. From the readily identifiable grass eaters, sheep didn't appeal, with goats there are fencing problems, alpacas and deer were outside our budget and, after all, this is perfect cattle country. That's what all our neighbours run. But we're surrounded by Aberdeen Angus and I thought it would be refreshing to look at something other than black cows from our windows, neat, sleek and glossy though they may be.

As a city-bred person, and uneducated in cattle breeds, I was lucky enough to find in the local library a book called *Cattle Breeds of the World*, from which I learned about the many different types of beef cattle. My shortlisting was made easier by the rejection of long curled horns, humped backs (sorry Brahman), black coats and wild temperaments, and was enhanced by kind eyes, easy calving ability and good temperament for ease of management. After more research I selected Devons.

While I endeavoured to locate breeders, an article appeared in *The Land* newspaper about a Victorian breeder who was crossing Red Angus with South Devons to create a new breed, the Australis. It sounded interesting so I borrowed the cattle breeds book again. South Devons were light red to copper in colour, had excellent temperaments and would be very easy to manage, were easy calvers with good milking ability. All that I was looking for, with the added bonus that once they had provid-



Anna's gentle nature has made her a favourite with Wendy.

ed double cream renown as Devonshire clotted cream which I remembered eating with scones at Longleat House in Devon. My partner, Ken, was enthusiastic; he had visions of milking and making our own clotted cream. This option didn't appeal to me but I was sure I'd enjoy the cream!

I contacted the South Devon Cattle Society in Armidale NSW who sent copies of their magazines and some marketing information. I learned that South Devons are excellent as a cross to increase animal size, marbling and carcass weight and, although a big breed, their docile temperament made them very easy to handle. They are hardy, having long and productive lives with many bulls working at 10-12 years. The breed adapts well to our extremes of climate so wouldn't be worried by the cold nights and frosty mornings in the NSW Central Tablelands.

We decided to buy. The Society recommended Mrs Audrey Emery from Moss Vale, a reasonable drive from here. The Southern Highlands of NSW are beautiful and we were impressed by our first sight of burnished red-gold South Devons against the brilliant green grass and trees of the region. Audrey Emery

showed us several cows in calf, but it wasn't until we viewed the heifers' paddock that we saw No 139. Ken liked her immediately, but I had my eye on twins calved the previous October. Well, I'm a twin born in October, wasn't this meant to be? No, Ken wouldn't agree to twins! We settled on 139 (Anna) to begin with, and because she was old enough to calve we arranged to have her run with Audrey's bull, Romany, before we moved her here.

Finally, word came through from Audrey that 139 had been preg-tested and was ready for delivery. Within a week, we were handfeeding her. Because we were novice cowhandlers, we studied Marja Fitzgerald's *Healthy House Cow* book thoroughly and began to feed Anna with Marja's recommended daily mineral bucket to build up the cow's trust. Little did we know then of Anna's voracious appetite! She now shares the paddock with two British White heifers, our small effort towards the conservation of rare breeds, but Anna is head cow in her gentle, but very firm fashion. She's an intelligent animal and easy to handle.

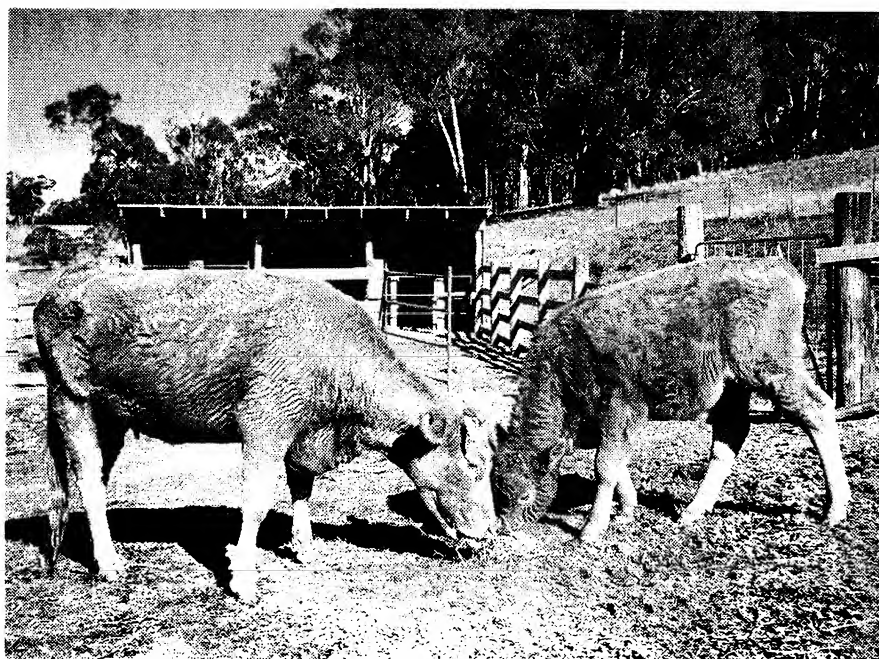
Despite trepidation, anxiety and much reading on her owners' behalf

Anna calved without any difficulty and has proved a good provider, if a somewhat casual mother. In Calf's first few days, and before the electric fence wire was lowered, we kept losing him into the next long-grassed paddock. Searching the paddock for the drowsy small red bundle became frustratingly tiresome, so Ken, who has a greater animal empathy than pragmatic me, decided he'd ask Anna where her calf was. After several asks, Anna responded by walking to the fence and mooing loudly; within seconds Calf would jump up from that direction and come to her. More experienced people would have known this would happen, but we were delighted and it solved the problem of finding Calf for us.

I wonder why more South Devons aren't used by beef producers. The breed comprises only two percent of cattle production and is tenth in herd strength Australia-wide.

Originally a milk and beef breed developed in the South Hams region of southern Devon where the climate is kind, South Devons mature early, are outstanding cross-breeders and have high fertility, with cows commonly still productive at 15 years. Cows have a capacious udder, yielding ample milk rich in butterfat, averaging 4.2 percent. Steers provide quality carcasses, are quiet and easy to handle. They are hardy and long-lived.

At one time, the South Devon breed occupied a unique position in British agriculture as it qualified for a premium on its milk and also for a beef subsidy on its calves and steers. Known as Big Red, it is the biggest breed in Britain and a mature bull was judged to be the biggest in Britain at an estimated weight of 1678 kilograms. The liveweight of a mature cow is 710 kilograms. It was considered triple-purpose: the big oxen put to the plough, the cows milked and the steers fattened to feed the mining and industrial areas of the Midlands and South Wales. It was bred a little shorter in the leg, with finer bone and a better udder, though it was still disparaged as being rather ungainly and plain. During the 1920s the milking potential was encouraged, to the detriment of the beef. However, in the 1950s the efforts of the breed society (formed in 1891) concentrated on beef conformation and the dual purpose image was discarded when the South Devon was classified as a beef breed in 1972. The potential for



Anna and calf enjoying their hay supplement.

growth was retained and in some recent trials South Devon bulls gained weight faster than continental breeds such as the Charolais. The meat itself is now of much better quality. Present day breeders with maximum nutrition available aim to achieve 440-day weights of at least 650 kilograms.

The South Devon is a well balanced, deep bodied and evenly fleshed animal. The head is long and relatively narrow with short horns that have a forward and downward sweep, although some animals are polled. The neck blends in well with the shoulder, the topline is level, the chest deep and the ribs well sprung. The broad rump is long and level. Eye cancer rarely occurs because of the breed's strong pigmentation.

The breed spread from Britain and has been established in New Zealand, USA, South America and Australia. It is particularly favoured in South Africa where it was first imported in 1897 when wool farmers wanted a breed of cattle that needed no coddling to produce milk for the house and top-price slaughter and oxen whose main role was to keep the veld short for sheep; while the mixed grassveld farmer wanted a good cream cheque, a bullock to work and a profitable steer which could be fed on surplus grain suitable to the climate. The South Devon filled all these criteria.

South Devons were first brought to Australia in the late 1800s but, through cross-breeding, were gradually absorbed

into other herds and their identity lost. The breed was revived in the 1960s when semen was imported from the UK, together with purebred livestock from New Zealand, and up-grading programmes begun.

One of the reasons for the breed's expansion has been the proof of its fast and high weight gains with high yields of lean meat through performance and progeny testing. The meat is well marbled, fine grained and has a good flavour.

Although I'll never be in the big league as a cattle breeder I can still appreciate the marketable qualities of the South Devon. And I have to admit that my big red Anna has become a favourite. To see her looking over the back fence telling me its time for her mineral bucket is one of the joys of the day. She's a pleasure to keep and I can thoroughly recommend the breed particularly for the inexperienced landholder.

#### Contact

The Council of South Devon Cattle Society, John Chapman 067-691-559, or Ruth Krahenbuhl 067-471-792.

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# DIY INCUBATOR ADVICE

by Robin Barklay, Coraki, NSW.

Six years ago we moved to the north coast. It was a difficult time. We knew no one here, Janine was eight months pregnant with our first, and suddenly we were in a shed, in the bush. From a background in electronics to this. It was the most difficult change we had ever experienced. I had come across the ad for the property, got a friend to make a short video while he was there, and bought it! I have read many stories of people jumping in with both feet and doing similar. Thinking back I often find it hard to believe what we have been able to do. It has been the most difficult and rewarding thing we have ever done.

Being able to fix most things electrical, and build them, made life a whole lot easier. I discovered I was able to use this skill to make a living. Sometimes (quite regularly) I would have more work on my bench of my own than from outside: the iron, the TV, the video, pumps, Jannie's Bamix. Things like the Bamix take priority!

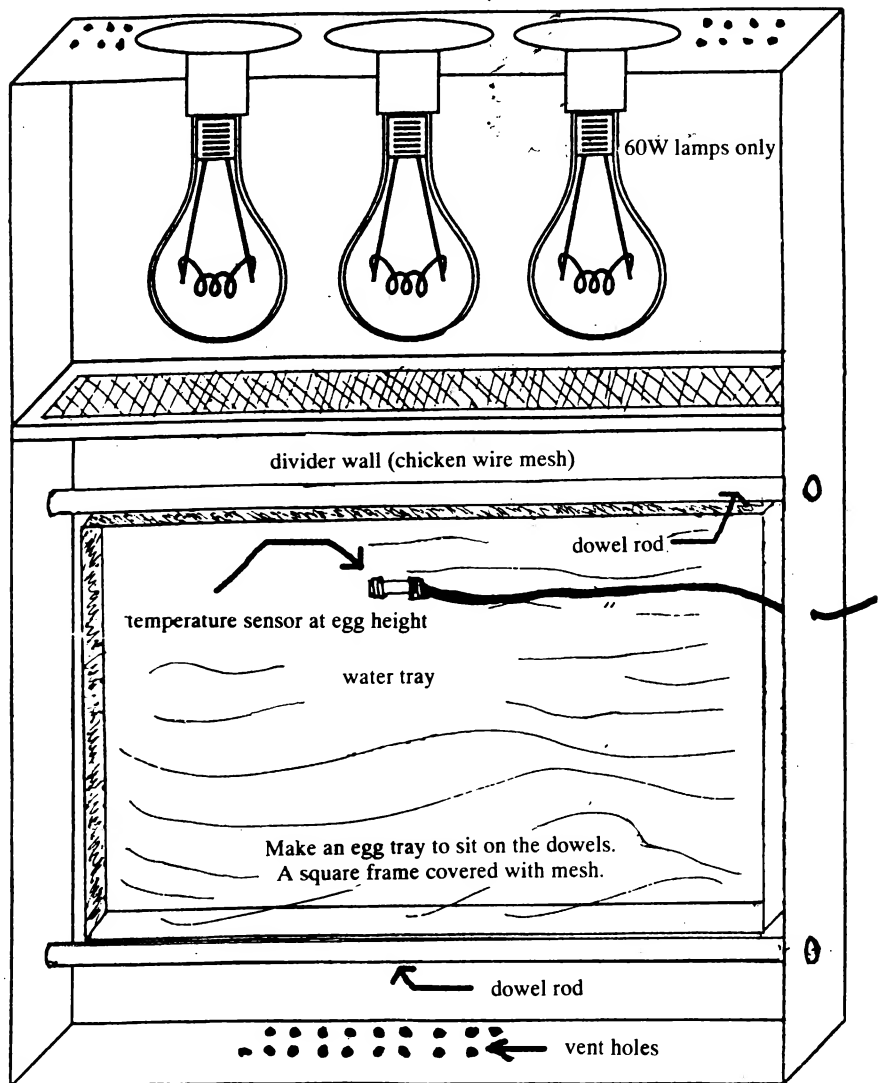
The electronics business went through many transformations for the better, mostly due to a changed lifestyle and the satisfaction of being able to help people do what they want, with limited resources and without intimidation!

One of the products developed from my personal necessity is the solidstat thermostat. I have answered a lot of letters from GR readers about how to build an incubator, so I thought it was time to put together the basics for doing one successfully. From feedback I discovered that the general plans I had put together were not what was usually needed, but rather some good general rules and guides.

I built my first incubator when I was 12, and hatched a lot of birds. It was a 1.52 x 0.900 metre heavy timber packing crate and I used a thermostat from an old air-conditioning system. It was complete with ponds for birds and a good roof for outdoors, as my room was already full of fish tanks containing spiders! My father, who was an electrician, used to say that it was unsafe to enter my room without first turning off the power!

The thermostat is the most important

## A Simple Incubator



single part of the incubator and I strongly recommend that you do not overlook its importance.

There are ways around the expense of the thermostat, but unfortunately not many good and safe ones.

So, rather than a plug of mine, or frying a few readers with advice on where to stick the wires to make one, I think it's more appropriate to go over the other things that make one successful.

There are generally two types, still air, and fan forced. If you intend to make a still-air type then you must think

carefully about the placement of heater parts and vents. Added to this the box size becomes critical, as you may get cold spots!

For a still-air incubator insulation's the key, followed by even heating. Once you have made your box, insulate it. The safest and simplest way is with foam glued to the outside. The box is usually best made from a centimetre or thicker chipboard, with a full lid covering the entire top. For the inside corners, 38 mm square timber for reinforcing is a really good idea as the humidity is high, and chipboard soaks it

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up like a sponge! To alleviate this problem, enamel the inside well; it's more important on the inside than the outside!

For the heat source, still the best is a few ordinary light globes. I say a few, it's important! They don't actually blow that often, since most globes blow because of uneven temperatures, but if you have several and one goes then the incubator still heats fine. Use at least three globes, do not use globes above 60 watts. This is because their heat output in still air (and even fan forced), is too high, and can damage light fittings over time. Always space globes so there's always one globe of space around the outside of the globes to all parts of the box wall. Use only batten type HPH 366PW light bases, and always mount lamps to the back wall (never the bottom).

Insulating the outside is also safer; you would be surprised how fast newly hatched chicks can attack the insulation if it is inside the box! The next part is even heat distribution. If it's a large box, then space the globes as room allows. Also a good way to dramatically improve things is to add a sheet of alloy to the base of the inside, preferably not less than 3 mm thick. This evens the heat up superbly.

Fan circulation always helps, and if your incubator is large or you suspect cool spots, use one. For a lot of reasons I still feel a 12DC computer fan is the best; they only consume about two watts, are safer, designed to run continually, easy to get and replace if necessary. One will only set you back about \$15. To run it you will need some type of 12VDC transformer. They don't need

much power so a 250MA transformer pack is great.

The water tray is very important as you have to keep up the humidity. I think a good tray idea is to make the tray out of the alloy, with folded sides. To seal the seams use silicon. Leave the tray inside and fill it up when you open up to turn the eggs. This alloy tray also conducts the heat to help ensure an even temperature.

And for the important finale, air vents. It doesn't matter how well you insulate, you must have fresh air. You don't need to go over the top with holes though; a couple of dozen 5 mm holes is usually enough. For good air flow make one set of holes at the lamp wall, on the back, at the bottom, followed by another set at the front of the box, not at the top but at the same height as the top of the eggs. This makes sure there is a warm air pocket and that all the heat does not escape.

It's very important to make sure that you have a good space barrier between the lamps and the section with the eggs, as once chicks hatch they always try to get as close to the lamps as possible.

For the egg tray, I always used small hole chook wire to give the eggs something to sit in and make regular rotating easy. Cover the wire on one side with shade cloth, to protect little feet!

To space the egg tray off the water tray just use two dowel rods going from one side of the box to the other. They can be pulled out of the side to get to the water tray below.

Do a bit of reading on care of the eggs. I have saved the most important part for last: remember you are their mother, so give them plenty of cuddles.

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# WE BUILT A TANDEM BICYCLE

by Jose Robinson, Wild Cattle Island, Qld.

*Daisy Daisy give me your answer do,  
I'm half crazy all for the love of you.  
It won't be a stylish marriage,  
I can't afford a carriage,  
but you'll look sweet upon the seat  
of a BICYCLE-BUILT-FOR-TWO*

When I was a small child, this was one of the many songs my father used to sing to me. Then he went to serve his country in World War Two, and I hardly saw him in all my growing up years. Until a few years ago, I'd never seen a real tandem bike. I'd only seen pictures of them, but somehow I'd always had a yearning to own one.

Last year I phoned around and checked on prices from a firm I'd heard manufactured tandem bikes. Apparently they make them for tourist purposes as hire bicycles. I was truly shocked when I heard the cost. I could almost have bought a second-hand car for the price they quoted.

Well, I figured if I pestered Himself long enough, he'd make me a home-built tandem from two second-hand bicycles. He always enjoys a challenge, and can usually turn his hand to almost any job. When I first broached the subject, I got the usual disinterested answer. 'Um-m-m. No, that is too tricky. Couldn't get the strength without heavy bars. Forget it!'

With my usual undeterred determination, I chipped away at the idea. I cut out a couple of pictures of tandem bicycles and left them lying around in noticeable places. (Like on his chair.) I casually dropped into the conversation every now and then, 'A tandem would be fun to ride on the hard sand at low tide on our 10 kilometre beach. We could talk while exercising!'

Still the same, 'Um-m-m. No, it's too tricky!'

Then one day in a second-hand shop in town, I saw two BMX bicycles of similar structure and in very good condition. They were marked \$50 each. I asked the man if I could have the two for \$90. 'Done!', he said. Home came the



Jose and Don showing off their handmade tandem bicycle.

bicycles. Under great sufferance at first, Himself at last agreed to build me a tandem out of the two. After two days of what seemed to me, like playing jigsaw puzzles, Don had propped up against the shed something which resembled a tandem bike. (I think he had actually begun to enjoy the challenge.) At this stage, no welding had been done, nor had the chain been organised. The latter proved to be the trickiest and most tedious job of all.

It seems, because of the length the chain needs to be to go over the longer area, the tensioning can be a problem. However, we found we had just the right bits and pieces required amongst some bicycle parts we had previously collected from the local tip.

I'll give you all a ball by ball description of how Don went about constructing the tandem.

## METHOD

Begin with two bicycles of similar make and type. We used BMXs with 50 centi-

metre wheels.

- Hacksaw rear of front bike off behind the seat and at the bottom sprocket axle housing.

- Remove front fork from the rear bike, also the handlebars. Cut front of frame down the centre of hole where fork was removed. This gives a half-moon shape.

- Half-moon shape is then opened slightly, fitted tightly against rear of front frame and welded. For extra strength a brace of pipe or another old bike frame section is welded across bottom.

- Original bike sprockets are used in drive with lengthened chain around both sprockets.

- For drive to rear wheel a second sprocket of one size smaller is fixed to the outside of rear sprocket. Slight spacing is necessary to give the chain clearance. A similar sized sprocket may be okay to use.

- Sprockets from multi-speed bicycles are made to bolt together and are already drilled.

• A tensioner for the chain is very necessary, otherwise the chain, being so long, tends to fly off readily.

**Note:** Bicycles must be the same size and design to be compatible for a tandem. It's a good idea to visit your local tip for bits and pieces. Some people discard whole bicycles as well as broken bicycles as their children outgrow them.

Only five welds are required. They are:

- Top of frame to rear of front frame.
- Both ends of bottom brace (2 welds).
- Idler tension wheel to centre of bottom brace.
- Rear handlebars to rear of seat pipe.
- As you can see from the photo, 'Daisy' has nothing on us, as we enjoy our rides together on the hard beach at low tide.

Right: Because the chain on a tandem is so long, it needs a strong tensioner to prevent it from flying off the sprockets.



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## USE AND CULTIVATION OF KIWI FRUIT

by Adriana Fraser, Clematis, Vic.

Kiwi fruit or Chinese gooseberry (*Actinidia chinensis*) is a native of China and Japan. It prefers cool, well drained soils in a protected sunny position, is frost resistant but drought tender. A deciduous vine, it climbs to a height of approximately four metres. The plants are also dioecious, which means that the male and female flowers are borne on different plants, therefore two plants, one female and a suitable male pollinator, will be required. It is probably best to buy the plants from a reputable nursery where you will be assured of acquiring a named cultivar and a compatible male pollinator. I have often seen them sold planted together in the same pot. Sometimes you can obtain grafted plants, where a pollinating scion has been grafted onto a female plant.

Planting usually takes place in winter while the plants are dormant. Upon planting the vine should be pruned back to about thirty centimetres above the graft union. Kiwi fruit will grow in almost any well drained soil, however they will thrive with good fertility. At planting time prepare your soil well to a good depth, a raised bed may be needed in areas with drainage problems. Incorporate lots of well rotted animal manures and compost, there is no need to give the plant any extra feed at this point. Wait until the plant starts moving again in spring and mulch with a generous amount of straw, deep litter out of the hen house is ideal. The mulch will also avoid the need to cultivate around the roots as they are close to the surface and easily damaged.

Even though the plant is dormant in winter, frost protection may be needed until the trunk enlarges. This can be achieved by wrapping hessian bags around the trunk during the frost period.

A strong (and perhaps that's an understatement) fence or pergola should be constructed to a height of at least two metres, kiwi fruit are vigorous growers once they are well established, this will take approximately three years. Once established the vines have incredible strength and I would advise against growing them against the walls of your house or verandahs as the vines could

eventually take over the whole house! We have a vine which is approximately 10 years old. We had to cut it out of the top of a ten-metre pittosporum and train it back over a weldmesh type of fence which has been turned into a pergola some six metres long. The whole area makes an incredible shadehouse in the summer and a warm spot for young plants in the winter!

Pruning is carried out in winter, usually in July, and again in summer when it is essential to cut back the fruit bearing shoots to prevent overcrowding. Initial pruning is done to establish a single straight trunk to approximately two metres, all other growth is removed. A leader is then trained along the fence or pergola on either side of the trunk.

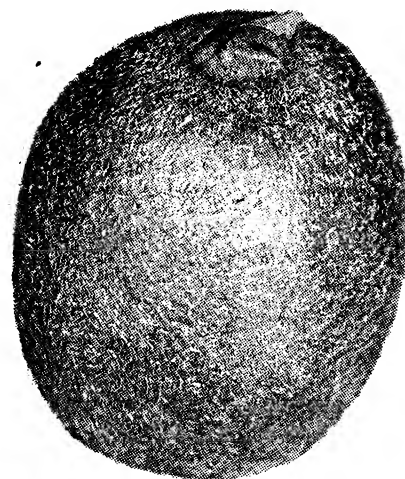
Fruiting laterals will appear from the leaders (the leaders being the permanent wood of the vine). The laterals need to be replaced continually as fruit is borne on the shoots which grow out of the fruiting laterals.

The first three buds or so bear fruit in the same growing season. Every five years it is best to cut the vine as far back as possible to encourage lots of new growth and vigour. Although the following year your crops will be significantly reduced, cropping will increase threefold (at least) the year after. This method is especially useful if you have acquired an old plant along with your property.

The first year we were on our property our kiwi vine had approximately 300 fruit (on one male and one female plant), after a vicious pruning we had only 100 fruit the following year. After a very heavy mulching with deep litter our vine cropped 1500 fruit this season, a mammoth effort by anyone's standard! Well worth the fall in production for one year.

Kiwi fruit seem to have few pests, we lost a minimal amount to birds this season, but have had no other problems.

Kiwi fruit can be preserved whole or sliced, peeled or unpeeled, made into jam or even wine and are very easy to sell to your local community, making a reasonable return for little input.



### RECIPES

#### Bottling Kiwi Fruit

Kiwi fruit can be prepared by either peeling the firm fruit or by brushing the fur from the skin with a nailbrush.

They can be cut in half lengthways or sliced. A medium syrup should be used because of the fruit's acidity. A medium syrup is made by mixing approximately two kilograms of sugar with four litres of water. I melt the sugar in the water and then cool before covering the fruit which has been packed into sterilised jars. Sterilise in a hot water bath at 85 degrees Celsius for two hours.

The fruit can also be bottled in brandy. Pierce the whole fruit with a needle in several places, right through the fruit, place in sterilised jars and cover with brandy. Leave for a couple of months before eating.

#### Kiwi Fruit Jam

3 kg kiwi fruit  
3 kg sugar  
1 grapefruit  
1 lemon

brandy or whisky (optional)

Peel and slice kiwi fruit. Juice lemon and grapefruit. Put these three into a pan and cook until kiwi fruit is soft. Add sugar and cook rapidly until jam is set. Add a few tablespoons of brandy or whisky and bottle into hot sterilised jars.

#### Many Uses

Kiwi fruit is also lovely set into lemon jelly or to top a cake or pavlova, or just eaten fresh with a spoon, like a boiled egg.

# SMALL GARDENS

by John Mount, Woodford, Qld.

Creating flower or vegie gardens in small areas requires some forethought. It is necessary first of all to find a position that receives the most sunlight. Here the main garden bed can be established. Other beds can be sited in shady areas with plants that require less sunlight.

Small gardens can range from plants growing in glass jars (terrariums), flowers or vegies growing as potplants, to a hydroponic system of plants in plastic or ceramic piping fed with a nutrient solution.

A no-dig garden bed can also be handy in confined spaces. This type of bed can be made by heaping layers of mulch, soil and compost into one spot and, providing some thought is given to drainage, the nondiggable garden may be sited on just about any surface – a lawn, concrete, a balcony, even on a floating raft on a pond or creek. The bed edges can be made of fixed or loosely laid timber or rocks. When no longer required the no-dig garden is easily removed with little disturbance to the site.



Narrow shelves on a fence or wall with exposure to the sun are ideal for potplants, especially when space is at a premium. Here too, vines and other climbers make ideal choices.

A hand cart can be used to hold a garden bed, trays of plants, or a number of potplants. If necessary the cart can be wheeled around the yard to follow the sun or wheeled under cover on cold nights.

For those gardeners with less mobility, an old kitchen table or workbench can be used as a raised garden bed or as a handy place to keep all those potplants, or trays of plants.

Window boxes are another excellent method of conserving space. Easy to

water and easy to access, they can be maintained without the gardener having to leave the house to tend the garden. And if gravel is spread over the surface of the soil in the window box it will prevent the dirt from being splashed over the window during rain and watering. The gravel also keeps the soil moist.

Plant pots can be used for fruit trees, and, surprisingly, the fruit yield of a pot-planted fruit tree is about the same as that of the earthbound variety. As each tree outgrows its pot it can be transferred to a larger one.

The watering of potplants can be made easier by mixing small pieces of sponge rubber in with the soil, the water is then retained for longer periods. Alternatively, small strips of felt or other porous material can be placed several centimetres into the soil of the pot via the pot's drainage hole with the other end of the material immersed in a tray or container of water below. The plant will then draw up only the amount of water it needs.

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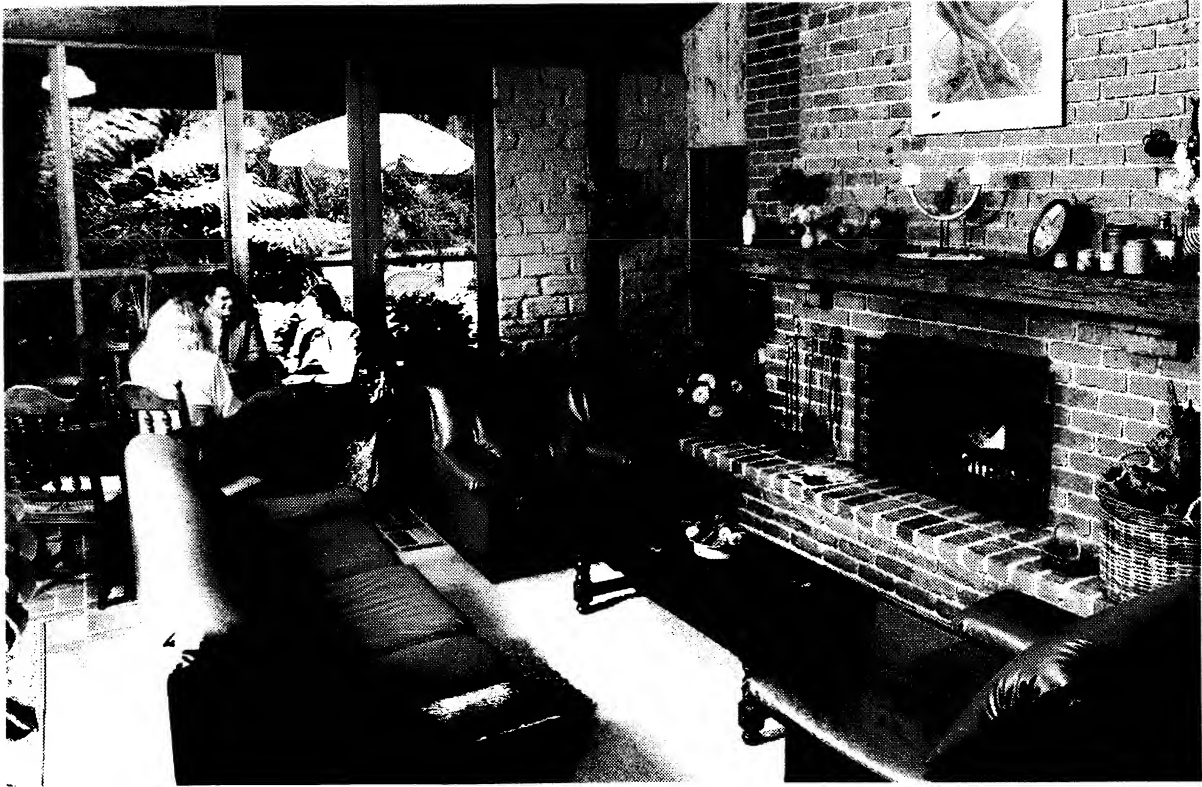
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# SOLAR EFFICIENT DESIGN

by Post & Beam, Hastings, Vic.



Thermal mass walls, featuring a combination of mud brick and conventional kiln fired brick, are used in conjunction with a thermal mass brick paved floor. Together they create an invaluable heat bank for cosy winter living.

In a *Grass Roots* article some time ago Energy Victoria posed the question, why aren't solar efficient houses more popular? We hope the question was not rhetorical for we are about to attempt an answer. For nearly twenty years, we have been designing homes using passive solar principles to guide us. Throughout this time we have not found the public unreceptive to the concept of solar efficient design but simply unacquainted with its existence and merits. The good news however, is that all that is changing.

So why weren't solar efficient houses more popular?

The first reason has to do with the post-war baby boom. The fifties has a lot to answer for. It was a decade of prosperity and the generation of modern conveniences. It was during this time in Australian history that homes were bought 'off the shelf'. It was a dream come true for developers, designers and builders alike: fancy having to go on a waiting list in order to pur-

chase a new home! So, with an unflagging demand, developers concentrated on creating subdivisions of uniform grids of streets situating homes side-by-side along them. This approach was pragmatic and profitable, even though it was boring!

In the same vein, designers and builders alike were packaging their products. Streets of identical houses were produced, with the number of bedrooms being one of the very few distinguishing features. Issues such as orientation were not considered, well only so far as the front of the house had to face the street. Thus home owners had ceased to participate in the creation of their home, kept their place in the queue and the tradition of owner-building was all-but laid to rest.

The second reason had to do with a lack of information about possible alternatives to off-the-shelf housing. In recent years we have begun to sense a change in the attitude of future home owners. In the past, we spent a lot of

time explaining the virtues of solar efficient design. Now we are often asked whether or not we have had experience designing solar efficient homes. This is becoming an increasingly important determinant in consumers' choice of designer.

We believe the shift in attitude relates to two major factors. Firstly, the most recent recession has encouraged many more people to consider owner building. Consumers are now recognising that the more they participate in the creation of their own home, the more home they get and the happier they are with the end result because of their participation. Redundancy packages have also given many people more time than previously and the incentive not to fritter what may be the largest sum of money they will ever have at any one time.

With the increased involvement of owner builders in the creation of their home, design alternatives are considered. More information about solar effi-

cient design is sought. In response to this demand, there is more information now available for potential home builders so that people are in a better position to make informed decisions. Solar efficient design is now gaining recognition as a logical and viable alternative. It costs little if any more to have a solar efficient home, but significantly reduces running costs.

Solar efficient houses are becoming more popular as each year passes. Why aren't they even more popular? Even more information is required. To date the industry has told people it is better to orientate your house northward, but how much better? It is important to demonstrate the relative advantage, both in lifestyle and financial terms. For instance, by orientating your house to the north, your home will be five degrees warmer in winter and will thus save you, say, \$2000 in heating costs over ten years. People should not be expected to take our word for it, they have a right to expect some justification for committing funds to what will most likely be the most important investment they will ever make.

Every budget has a limit. We remember the couple who came to see us after having collected some government sponsored literature on the ideal 'green' home: passive solar, energy efficient and chemical free. These are all principles which we support and applaud. However, once we had costed each modification, they were faced with spending \$40,000 extra to obtain their green home.

The net effect of using every possible green option is probably only marginally better than using, say, half the options. It is just a matter of knowing which ones to choose for each set of circumstances. For instance, by adopting correct orientation, double glazing may not be necessary. Therefore, a cost-free solar efficient modification could save thousands of dollars in glazing.

As GR readers know better than most, there are many inexpensive green and solar efficient options. However, some of the literature is almost evangelical in its zeal with a wishlist of green alternatives being advocated such that the reader is often left feeling either inadequate or poorer. It is a very negative promotion for a very positive cause.

Any solar efficient house dweller will intuitively know that they are saving money in heating costs, for instance,

but it is impossible to quantify in an absolute sense. Practical, down-to-earth, empirical research is imperative to help new home builders make informed decisions about their house design.

Energy Victoria has made a valuable contribution to the body of literature on solar efficient design. Their publication, *Solar Efficient Design - A Manual For Architects And Designers* offers a much needed reference for the industry.

The next step is to produce fact sheets for more general distribution. In doing so, it is imperative to cater for individual circumstances. Some people enjoy a warmer ambient temperature than others, for instance, and their design should vary to suit this precondition. Sites also vary. We live on a dense bush block and access to warming northern sun in winter is limited. Instead we have supplemented with skylights which would not be necessary on other sites.

We are all different and so are our circumstances. Future home builders don't want to be told what to do but to be informed about their range of options. As a starting point, readers might like to use our checklist when considering their house design.

### SOLAR EFFICIENT DESIGN PRINCIPLES

- Use optimal rectangular house dimensions to minimise heat loss and gain through walls and windows: 6.5 - 7.5 metre overall house width.
- Orientate house length along an east-west axis
- Solar eaves to north to control entry of sun into house
- Design to maximise cross-flow ventilation
- Determine optimum air infiltration levels
- Consider thermal mass walls (mud brick, solid brick, stone) for maximum temperature control.
- Consider thermal mass floors (paved brick, concrete slab) for temperature control
- Maximise windows on north wall
- Minimise windows on south and west walls
- Double glazing or heavy drapes in living areas
- Sliding instead of hinged doors to reduce air transfer when entering or leaving house
- Minimum R2.2 insulation of ceilings
- Cathedral ceilings instead of flat ceilings to remove hot air during summer

- Ceiling fans to circulate warm air downwards in winter
- Verandahs to south for additional temperature control
- Pergolas for control of summer sun
- Locate living areas on north side
- Locate bedrooms and utility areas on south side
- Deciduous tree planting on west side
- Evergreen planting on south side
- Floor coverings in northern rooms to maximise heat absorption
- Solar collectors for hot water

A previous article on solar efficient housing was in GR 92. Next time another reader will share some practical advice on solar efficient design principles.

### Enjoying This Issue?

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# KIT HOMES

by Peter Mills, Crows Nest, NSW.

Many people dream of constructing their own home. The fantasy often remains one, although building a house can be one of the most satisfying things you will ever do. Kit homes are a viable means of achieving the dream. You will save yourself money and the project need not turn into a nightmare.

## WHAT TO LOOK FOR

The company should be reputable and well established; fly-by-nighters do nobody any favours. Kit home companies must be licensed with the Department of Fair Trading and their licence number must be shown in their advertising and brochures. Look for support and backup and ask to see the construction manual and documentation you will receive with the kit. Inspect the company's exhibition homes and ask if any written testimonials from past customers are available.

## POSSIBLE SAVINGS

Building the home yourself will substantially reduce your labour costs, how much depends on the size of your kit home. Many buyers find that the cost saving allows them to buy a bigger house than they could otherwise afford.

A typical price range for kit homes is from \$20,000 for a simple two-bedroom home to nearly \$80,000 for a large ranch-style house, plus the cost of your land and the laying of the concrete slab and underfloor drainage. You will also need a licensed plumber and electrician to install the pipes and wiring.

## EXPERTISE NEEDED?

Not all kit homes are aimed at the do-it-yourself handyperson. Some oblige you to purchase contract labour unless you are a skilled builder. Others endeavour to make the job as straightforward as possible for a person with average handyperson skills.

The better kit home companies go to great lengths to produce kits that are simple and logical to assemble. You will be assisted by an instruction manual that is clear and straightforward.

If you do get into difficulties, you should be able to call up your kit suppli-

er and ask for help. Look for a company that guarantees that the average person will be able to build their own home and that has a technical hotline for sorting out any problems and will even come on site if you run into trouble.

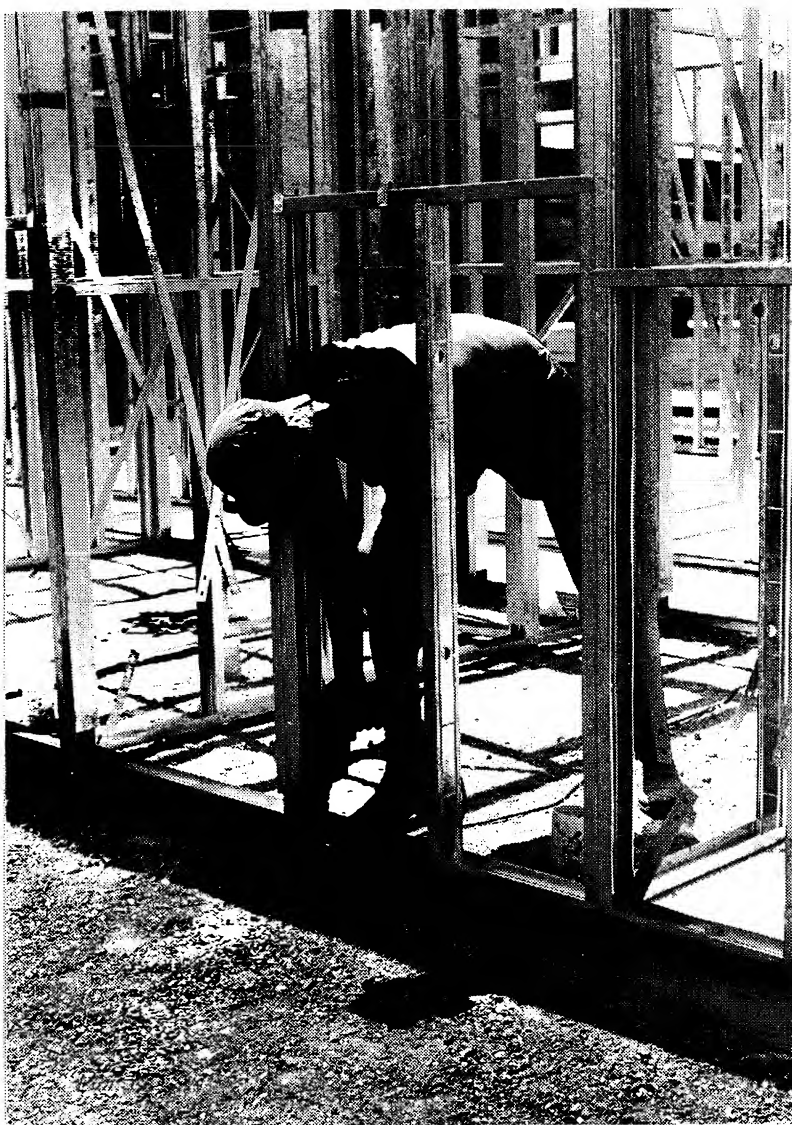
## STRENGTH NEEDED?

This depends on the type of home you intend building. Traditional timber framed kit homes are made of substantial sections that normally require the help of neighbours and friends. Modern frame technology uses high-tensile steel that has a greater strength to weight

ratio, which means that the precut sections are light and can be easily lifted and carried by one person. People who would not normally tackle such a task have constructed this type of home with few difficulties.

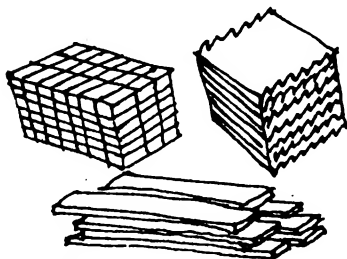
## HOW COMPLETE IS THE KIT?

Everything should be provided, down to the last bolt and electrical connector. Leading kit homes come complete with wardrobes or built-ins, internal paint, smoke detectors, full insulation, ceramic tiles, and kitchen and bathroom appliances.



A steel frame construction can make light work of this stage of home building.

Deliveries are normally split up so that materials are not sitting around on site where they may be exposed to the weather or thieves. Staggered deliveries also help your bank account by spreading the payments.



#### FINANCE

Banks have become wary of kit homes because of unprofessional operators in the past. You should come well prepared. A good kit home company will help you get a loan by assessing and documenting all your costs, including slab preparation, electrical and plumbing work and council fees. Your bank will look more favourably on a thorough application. A guarantee of home completion by your supplier will also smooth the path of your loan application.

#### CONSTRUCTION TIME

For a medium-sized kit house, construction time after laying the concrete slab is about three to four weeks to lock-up stage, with a further four weeks to finish the interior. Making allowances for bad weather, you should put aside about 12 weeks for the entire project. If you intend to build part time, a substantial kit house can be constructed over a summer. Non-kit projects, by contrast, can hang on for years and become an albatross around their owner's neck.

If you construct your home literally 'by the book' and get certified tradespeople to do the plumbing and electrical wiring, the completed house will be worth as much as a professionally built home. Frequently an owner-built project is finished to a more fastidious standard.

#### SATISFACTION

You should definitely enjoy the task. Some kit builders have said that building their own home was the most satisfying accomplishment of their lives. For others it is a true expression of the pioneer spirit, enabling them to leave their mark on the land.

Many people who have built their own homes during retirement have found it the ideal activity, vastly more worthwhile than the time-killing routines that might otherwise fill their days. With a reputable company to guide you, the experience is typically worry-free and immensely satisfying. Kit home builders frequently say they would do it all again.

The author recommends Paal Kit Homes, 113-115 Russell St, Emu Plains 2750. PO Box 290, Penrith 2751.



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# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

### CAMEL HELP

I and my partner have nine camels, two of which we caught in the bush recently on our wanderings across the Nullabor Plain. The two young calves had very bad mange (sarcoptic mange form) which is quite common amongst the wild population. Their whole bodies were covered, and the others also needed treating from being in contact with them. Is there any herbal remedy we can use to get rid of it? I initially tried teaching the younger ones to accept hard feed (oats, chaff, cracked lupins) but they don't accept anything except saltbush, quandong and acacia which is what they normally graze, and adding sulphur to a chopped up mixture of native bush caused rejection too.

So far, I've had to revert to using Malawash, which I spray all over the bodies and in the crevices of elbows etc. to kill the mite, as suffocating the mite with Stockholm Tar, or grease, again has proved impractical, as camels hate having their back legs touched, resulting in some spectacular kicks.

I hope there is a safer alternative than Malawash, as the poor animals suffer badly. I've asked the local vet if she knows of anything, apparently tea-tree oil, citronella and such only act as repellants without killing the burrowed mites and eggs. Her only suggestion has been the Malawash, or Ivomer, which is far stronger, and I feel, too dangerous a chemical to use.

The camels are all currently under free-range conditions, grazing the native grasses, and various bushes indigenous to semi-arid pastoral lands.

**Jacqui Quarton,  
LAVERTON 6440.**

*Perhaps readers can assist.*

### POULTRY QUERIES

I am looking for standard Transylvanian Naked Neck poultry. Adults, chickens or eggs, it doesn't matter. Although I would like to see them first if possible. I've read a lot about them and would like to see how they lay in this climate. My father would like to know if there is an alternative treatment to the vet's rec-

ommendation of a caustic pencil in the treatment of fowl pox in turkeys. He lives on the coast near Brisbane. I don't know if the climate makes fowl pox harder to control.

**Ann Rehbein,  
MURGON 4605.**

*The breed you are looking for is relatively common but readers may recall a segment on Burke's Backyard some 12-18 months ago which road tested them. Additional information can be gleaned from 'Australasian Poultry' (Vol 5, No 4). The breed has from 25-30% less feathering than normal plumaged fowls, and this enables them to cope more efficiently with high temperatures.*

*Egg lay and shell quality are not deleteriously affected by temperatures above 25°C, whereas they are with other breeds. Naked Necks should be ideal for the hot areas of Australia. Their usefulness has been recognised overseas and the gene for reduced feathering introduced into commercial poultry in the Middle East. Ensure the birds (or eggs) you obtain are from vigorous stock. GR readers may be able to help with stock.*

*Fowl pox in turkeys can be treated by applying weakened tincture of iodine with a cotton bud to the wet sores and also to raised patches in the throat. Treatment should be supported by the supplementation of vitamins A & D - one very low dosage capsule per bird would be more than adequate as neither of these are water soluble and thus are very slowly used or excreted. Vitamins A and D strengthen the quality of mucous membranes and aid healing, and so are important in aiding recovery from this disease. Turkeys acquire resistance once affected by this pox and should not suffer from this disease a second time. If turkey (or fowl) pox is a problem, you should look carefully at possible breeding grounds for mosquitoes, which are a known vector of this disease. As well, it is essential to remove and compost all litter from sheds where affected birds have been as the discarded scabs from the pox sores are a possible source of contagium.*

**Megg Miller.**

### ITCHY DOG NECK

My Staffordshire Bull Terrier keeps getting a deep pyoderma (large pussy itchy sores) around her neck and under her collar. I have taken her to the vet who has treated her with Rilexine tablets many times but it keeps coming back soon after the tablets are stopped. Is there any way we can change her diet to build up her immune system?

Also do you have a recipe for an

antiseptic/fungicidal dog wash?


**Joanne Pritchard,  
KARRATHA 6714.**

*The diet of the dog must be Farrel's Kibble or fowl by two biscuits (the same thing), that should be fed free demand, he may pig out on it at first, but he'll soon settle. The kibble is the only biscuit generally used by greyhound trainers as it is plain as it can be. If you feel the need to give him regular meals, he can have vegetables such as you eat, some raw and grated, some cooked and a little meat gravy, but it is not necessary. Brown rice or home made sourdough bread may be used occasionally, but he must not have too much. To this feed the following minerals should be added: A pinch of dolomite, daily for the first few days, then about once a week. A pinch of yellow dusting sulphur, this was a regular part of most dogs' diets in the old days, at first daily, then every other day. If you take kelp tablets, he needs about 50 mg twice a week at first, then once. Cod-liver oil: half a teaspoon a day for a week, then once a week. Get a piece of copper pipe about three centimetres long and keep it in his drinking water - the bowl should be glass or ceramic, not metal or plastic.*

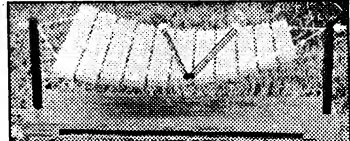
*For an external wash: One dessertspoon of copper sulphate, the same of cider vinegar, mixed up in half a litre of warm water and shaken till the copper is dissolved. Rub it over the affected area, and keep it away from his eyes. It will not injure them, but it stings badly. It need only be used once or twice, then keep it in sealed container for any future requirements - labelled!*

*The change in the diet is paramount, no meat at all for a few weeks, only a rabbit maybe, fresh killed and skinned (I don't think a Staffy can run down a rabbit), then cut it in half with an axe, put the guts in the compost heap and let the dog eat the rest - skin and all - that is the only way a dog should eat meat.*

**Pat Coleby.**



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## ECO NEWS

### SYDNEY SNIPPETS

A network of giant composting facilities is being planned for Sydney. The NSW state government has launched the first of these at Eastern Creek as a precursor to its plan to ban garden waste from city dumps by 1998. The Eastern Creek facility has the capacity to process 50,000 tonnes per year of garden and wood waste into compost.

A wind farm is to be built near Goulburn to introduce the first wind-generated electricity into the state power grid.

The athlete's village for the Sydney Olympics will be the world's largest solar photovoltaic residential development. There will be an integrated rooftop solar PV power plant distributed over hundreds of homes. Solar PV modules will be an intrinsic part of the roofs of nearly 700 permanent houses. Energy efficient construction and passive solar design will greatly reduce energy consumption.

### ENDANGERED ANIMALS

According to the latest Red List of endangered species released in America, the widely held belief that birds are the most threatened creatures is incorrect. The list indicates that 25 percent of mammals and 11 percent of bird species worldwide are in danger. The mammals under threat include hundreds of species of relatively unknown rodents, bats and marsupials, as well as the high-profile cute, cuddly, furry and megafauna.

### MURRAY-DARLING IN CRISIS

A report based on a survey of 34 freshwater ecologists regarding the health of the Murray-Darling Basin shows that these experts all regard the river system as moderately to severely degraded. The main environmental concern is caused by the 80 percent of the rivers' water that is diverted for irrigation and domestic use, leaving insufficient water for the natural riverine ecosystems to maintain and replenish themselves. Other areas of concern were salinity, habitat protection, water quality, flooding and introduced marine and terrestrial plant and animal pests. Most of the experts surveyed cited government inaction as a major stumbling block to regeneration of the basin.

Last August's World Fishing Indus-

try Congress was told that species diversity and overall abundance of fish was very low in 80 sampled reaches of the river. Carp dominated the fauna in several areas, while other stretches of the river were too badly degraded to justify sampling.

### CRICKET CONTROL

Trials undertaken to test the efficiency and economic viability of biological control of black field crickets (*Teleogryllus commodus*) in pastures have shown some promising results. A formulation of asexual spores of the fungus *Metarhizium anisopliae*, derived from the crickets, has been shown to be as effective as malathion and to give some carryover control in the second year also. The spores are expensive to produce and it is likely to be some time before a product is commercially available.

### ECOFRIENDLY AIR

Australian scientists at the University of Technology in Sydney, in collaboration with the CSIRO, have developed an air conditioner that uses a non-CFC refrigerant. It runs on a high speed air compressor at 50,000rpm and is said to be 92 percent energy efficient. A prototype being trialled in Melbourne has shown that the system consumes 20 to 50 percent less energy than conventional air conditioners. A system for use in commercial building is on the way, but modifications needed to enable the new unit to be used in domestic situations are still some way off.

Further positive news on the air conditioning front is provided by a system called Eco Air, developed by Thermal Research Pty Ltd. This system was designed to overcome sick building syndrome, but can be used in the home as well as in commercial premises. It eliminates pollutants in smoky and congested areas. Stale air is exhausted through

the heat exchanger and the incoming fresh air swaps its temperature with the exhaust air through thin metal dividers. The unit is said to be ideal for asthma and allergy sufferers. It also costs less to run than conventional units, reduces the use of CFCs and reduces energy consumption.

### CROWN OF THORNS

Marine scientists have recently announced another outbreak of crown-of-thorns, the coral-eating starfish researchers call COTS. The outbreak has started again where previous outbreaks began, in the Cairns section of the Great Barrier Reef Marine Park. While small numbers of COTS can be found at any time along most of the length of the Great Barrier Reef, some reefs in the Cairns section of the Marine Park now have three to eight times as many starfish as can be sustained by the live cover of corals.

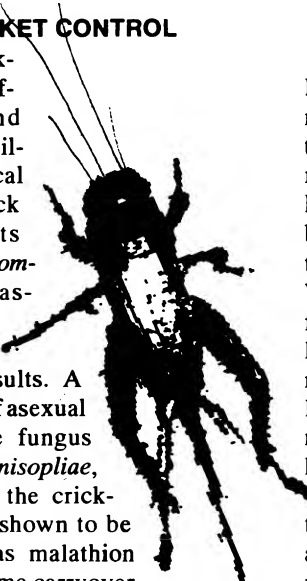
COTS researchers work closely with their counterparts in other countries, and it appears that this outbreak is not unique. Tropical areas around the Indo-Pacific are affected – outbreaks are being recorded in the Red Sea, South Africa, Maldives, Indonesia, Vanuatu, Cook Islands and Fiji. Sharing research results is adding to the common pool of knowledge, and researchers may be able to observe a whole cycle, and control specific areas.

New survey techniques have been developed to allow the early detection of any increase in populations of small, juvenile COTS. Previously their presence was only realised when large adults suddenly appeared on the reef.

A safe method of controlling their numbers by injecting them with 'Dry Acid' has been developed and tourist operators have been trained to conduct local-scale controls in small areas important either to tourism or science.

Because juveniles are being detected at an early stage, some of the factors which may trigger significant outbreaks of COTS may be pinpointed.

Scientists and managers of the Great Barrier Reef have a contingency plan now being activated to deal with this outbreak, including localised control measures, an expanded observer network and new research initiatives.



# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

I am nearly out of that wonderful **KHERBY'S HERBAL OINTMENT** for allergic dermatitis of dogs and cats. Does anyone know where I can buy it? I would be grateful for help with this.

To JEB. I know I owe you a letter, please forgive the long delay. I have some problems to sort out and send my love, will contact you when all is fixed.

**Shirl Williamson,  
Modella Rd, LONGWARRY 3816.**

Dear GR,

Thank you for your informative and inspiring magazine, we can't wait for the next issue to devour. Before we settle into our self-sufficient lifestyle we have decided to travel around Australia and would appreciate any information or advice anyone could supply. We have a five year old and will be teaching her on the road. We are currently planning to tow an 18 to 20 foot caravan. I have been to the library, but there is not much available. All letters will be answered and gratefully received. Keep up the good work.

**Ray & Trudy Smith,  
10 Rhodes Cl, MINDARIE BEACH 6030.**

Dear GR Readers,

We are a couple, Brian and Carol, with three children 11, 8 and 5, two boys and a girl. In January '98 we will be heading off around Australia.

We plan to tow a caravan with a four-wheel drive, and will be self-sufficient. Whilst travelling we will be producing **STAINED GLASS** pieces for sale at markets, craft shops and galleries.

I have extensive experience in earth construction using mud bricks/poured earth, so if anyone would like a hand, in exchange for being able to park awhile, or that one-off special leadlight window or door, or just a visit for a cuppa and a look at your achievements, please do drop us a line. We will be travelling for a year minimum and plan to see as much of Australia as possible, including Tasmania. Our mail will be forwarded to us so delay is not important. Look forward to meeting some of you.

**Brian & Carol Poulton,  
2640 Wallanbah Rd, FIREFLY 2429.**

Hi Fellow Readers,

Currently my partner (Kim) and I (Donna) are working at Mt Keith, WA, mining nickel. We are interested in **PURCHASING LAND IN NORTHERN NSW** next year. We are seeking information on Dorriggo and surrounding areas. We would like to know weather ranges from summer to winter. Local council regulations concerning owner-building, composting toilets etc and is the council flexible? Any fruit and nut production suitable for the area? Also services available in the area? Any information would be helpful to us and gratefully received. Also thanks for a great magazine, it certainly keeps the optimism going.

**Donna Szalay,  
Leighton, PMB 1, Mt Kieth, LEINSTER 6437.**

Dear Land Owners,

I am seeking **ACREAGE PREFERABLY IN NORTHERN NSW**. I have all I need from cities and am now longing to find my own patch of nature. Budget of \$15,000. Any possibilities please write or phone.

**Tania,  
9/2018, Wynnum Rd,  
WYNNUM WEST 4178.  
Ph: 014-646-986.**

Dear GR,

My family and I are intending in the near future to **TRAVEL AROUND AUSTRALIA**. We would like to hear from anyone who has done a similar thing, particularly in relation to seasonal work, tips for amusing young children (ages two and four), good places to see and camp, and how a dog complicates the matter. Anyone who has advice on how to make the trip more comfortable, cheaper, easier, your correspondence would be much appreciated. Also anyone who can offer us work or accommodation in exchange for a helping hand

would also be most welcome.

**Alicia Taylor,  
8 William Webb Dr, EVATT 2617.**

Dear GR Readers,

I am very anxious to leave a badly failed relationship. I have lived in Sydney for 32 years and have always longed for a country life.

I have a three year old son and I want a better place for him to grow up. I am a houseproud, clean, nonsmoker, nondrinker. I love my craft work and am a very quiet private person, not looking for any funny business. I will be a pensioner. I am reliable.

I am looking for a **THREE-FOUR BEDROOM HOUSE** with security and good lease. Low rent. Prefer on transport route in case car breaks down. Area of mountains, Armidale to Brisbane. If you have a property or town place you are afraid to rent to odd-bods and you want it cared for as if it were my own, then drop me a line. I would be grateful.

**Lesley C,  
PO Box V44,  
OLD MOUNT DRUITT VILLAGE 2770.**

Dear GR,

I'm a new reader of this great magazine but disappointed I had not discovered it earlier in my life. Oh well, plenty to read and learn from in future issues.

I was wondering if anyone could help with info on making **BEESWAX FURNITURE POLISH**. Can it be made containing canola oil? Does anyone have a supplier of beeswax they could refer me to? (In Vic region.)

Also I'm interested in **RAISING TURKEYS**. What breeds are the best for meat? What does it take to raise them for this purpose? Can the eggs be eaten?

**Rebecca Wilson,  
9 Clifton Dr, LANCEFIELD 3435.**

*See GR backcopies 45 and  
46 for articles on turkeys,  
also GR 24.*



Contributors and correspondents who want letters or articles returned are requested to include correct postage.

Dear GR,

I have been overwhelmed with requests for **SCARLET RUNNER BEAN SEEDS** (see GR 119), however if anyone still wants some for spring planting I can supply two seeds only if you send an SAE. I also have a large number of **GIANT RUSSIAN SUNFLOWER** seeds. Am willing to supply ten seeds to anyone who sends an SAE and includes seeds of any vegetable that they have had success with.

**D L Burgess,  
17 Chivers Cl, LITHGOW 2790.**

Dear GR,

My husband suffers from a **SINUS COMPLAINT**; not the regular stuffed-up type. His continually runs down the back of his throat, making him sniff all the time. He doesn't sleep long because of this. Do any readers have this problem and do they know of anything to help? I am extremely desperate!

Also dear editor I have two big problems with GR. They are full of great ideas, but how can I remember which issue they are in? All those great questions readers ask in Feedback, but unless I write hundreds of letters I don't know the answers. The above points are a bit tongue-in-cheek, but I do have a problem with them.

PS: Love your mag.

**Kerrie Marriott,  
102 Pioneer Pde, BANORA POINT 2486.**

# FEEDBACK LINK-UP FEEDBACK

## Dear Grass Roots,

The people of Harrierville and its surrounding districts are in desperate need of a **FOOD CO-OP**. I've gone through all my trusty old GRs and unfortunately did not come across any articles on how to start and run a co-op. Can anybody help us out? Also are there any other like-minded GR readers who could help us on our quest to enlighten the hearts and stomachs of our fellow mountain dwellers?

**Yota Roumeliotis,**

**C/- PO, HARRIETVILLE 3741.**

## Dear Readers,

We are a young married couple living on the Sunshine Coast. Our rental house will be pulled down in September to make way for (more) holiday apartments. The owner recently told us we can have all the house materials!

Our dream is to buy a few acres somewhere quiet and not too far from the coast. And now, with the means to build we have even more motivation. If you can think of someone, or are someone, who would be interested in selling a small piece of land in the **SUNSHINE COAST HINTERLAND** we would love to hear from you. Alternatively, if you are someone who has a bit of space and wouldn't mind sharing it with us and our house materials for a while (Sept onward) until we can find land, then that would be great too! We can help with or establish an organic garden, orchard, plant native trees, do maintenance, spinning, cooking, painting or anything. Give us a call.

**Tom & Kate O'Callaghan,**

**39 Belmore Tce, SUNSHINE BEACH 4567.**

**Ph: 074-748-736.**

## Dear Kind Folk,

Firstly to GR, we thank you for the inspiration in keeping our dreams alive. Does anyone know anything about the grassy like plant, Job's Tear, it has lots of natural beads on it? Also is it at all possible to buy acres, approximately forty, with house, privacy, no frost, nice people for around \$90,000 along the east coast? We have a two and a half year old and a thirteen year old. We are not ready to move until early 1998, but curious as to what's out there?

**Meegan & Peter,**

**PO Box 148, RAVENSHOE 4872.**

## Dear GR Readers,

Can anyone help me with some **BACK COPIES OF GR**? I am willing to swap a book called *Creative Christmas Gifts, Perfect Ideas For Gifts To Make At Home*, by Annette Claxton, Mary Lawrence and Cheryl Owen, and two Sega Master games (one is called *Enduro Racer* and the other is *Back To The Future part 2*). The back issues I am looking for are 6 to 20, 22, 23, 25, 26, 28. I am thinking of setting up a book club. I have quite a few books on herbs, cooking, self-sufficiency, craft, making homemade natural beauty products, romance books. If you are interested send an SAE.

**Tracey Wilson,**

**67 Alulia St, INALA 4077.**

## Dear GR,

I noticed a reader's request for **WHITE BORAGE SEEDS** but search as I may cannot find the letter concerned. White borage seeds are available from: Kings Seeds, PO Box 975, Penrith 2750. I am really enjoying my subscription to GR and only wish I had found the magazine years ago.

**Susan Miller,**

**Horse Island, via BODALLA 2545.**

## Dear Mary,

The Feedback letter by Julie Hammond (GR 120, p 43) pleads for a **BULK HEALTH FOOD STORE**. It makes us feel very fortunate that we can visit such a store within a hour's drive of here. So once a month we go to Albury shopping and stock up at Border Just Food. As the name indicates, no pills and potions and you take your own containers. The range of foods available is very impressive. For instance there is a wide range of oils, cold pressed and mostly organic; you take your own bottles for filling. The peanut butter is ground on

the spot. Not only is the produce of high quality but the atmosphere is great. Tony and Robyn always welcome and help customers whether they are first or old-timers. The shop is on the Hume Highway, where it dog-legs through Albury.

This doesn't help Julie at Silvan unless she was driving to Sydney, up the Hume. Tony does send dry food over a wide area in north-east Victoria and southern NSW, even as far as Sydney and Melbourne. But I suggest that people visit him first.

However, the whole purpose of this letter is to suggest that people send information about bulk health food stores or **FOOD CO-OPS** in their area, so that you could compile and publish a list. Tony has sent a copy of their product list to Julie.

I have replied directly to Borange (GR 120, p 40) regarding a **TOFU PRESS**. I use two enamel plates and a house brick. Works like a charm on cucumbers as well as tofu.

To Heidi Alison (GR 120, p 47): from experience the best **RENDER FOR MUD BRICKS** is a 50/50 mixture of clay and horse manure, wetted to a slurry with rainwater and bagged on the walls; both exterior and interior. It is not the hay in the manure but the humic acids which bond into the lattices of clay molecules.

**D & Y Talyor,**  
**RMB 603, 2646.**

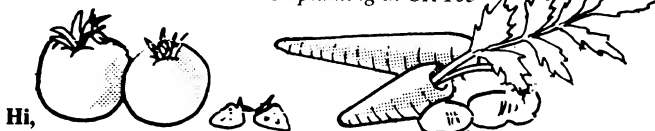
## Dear Megg,

Subject: GR 119, Down Home On The Farm.

I have only been an avid reader for the last four issues, but I can assure you it does not get to the second of the month of a new issue before I have my new copy. I have also obtained about 25 back issues; ergo **ANOTHER AVID FAN**. I am, at present, a city dweller. I have written for a garden magazine before and in particular on companion gardening. Needless to say the reason I am writing is that the above article made several mentions of planting by the moon. I am sure, if I were more experienced, I would know where to obtain one but I am interested in either a book, a planting wheel or an article/chart from the magazine on **MOON PLANTING** especially of common vegetable, fruit and others. I wish you congratulations on a wonderful magazine. I live in a city and there is a lot of stress in living these days. I can honestly say there definitely isn't any when I read your 'tonic' magazine.

**Donna Growcock,**  
**11 Mackay Cres, KAMBAH 2902.**

There is an article about moon planting in GR 103



Hi,

We will be travelling around Australia in our bus soon and I would like to know where we can **BUY ORGANIC FRUIT & VEGETABLES**. Commercial or private sellers would be great as one of my sons is allergic to the spray and pesticides. Any info would be much appreciated. We will be fruit and vegie picking on our travels so if any commercial organic growers need help please write.

**Amanda Reitsma,**  
**PO Box 356, SEAFORD 3198.**

## Dear GR,

Please help! Milton Bradley's game **TABOO**. I am after the refills or games that are different to mine. Will Pay.

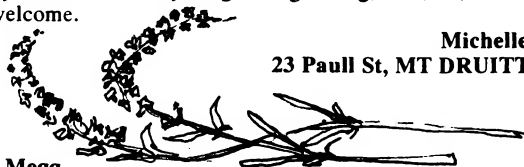
**Kathy Duncan,**  
**48 Albert St, GUILDFORD 2161.**

Readers should be aware that it is illegal to promote or be involved in 'pyramid' type chain letter schemes which claim massive incomes from a modest outlay. The maximum penalty under the Fair Trading Act is \$10,000. If you have been bothered by such letters contact the Office of Fair Trading, otherwise light the fire with them.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

I'm after some **ADVICE ON LAVENDER**, specifically English variety. Interested in anything from growing, uses, oil, crafting – all info welcome.



Michelle Lane,  
23 Paull St, MT DRUITT 2770.

Dear Megg,

Thanks for a great magazine. I have been collecting them from the first issue, but I am not parting with any of them. When I am feeling a bit down, I dig out a few old GRs and I am soon happy again. I am trying to contact an old friend. Does anyone know where **JIM HAAB** (or Thorn) is now? He owned a yacht, *Spirit of Freedom*, when I last heard from him in 1988-89.

C Riddell,  
PO Box 155, PROSERPINE 4800.

Dear GR Readers,

My partner and I are keenly interested in establishing a new lifestyle in the north-eastern area of Victoria and in particular the **MITTA-MITTA/TALLANGATTA** valleys. We are hoping to perhaps contact GR type people who are successfully living on small holdings of approximately 40-60 acres. We have spent considerable time and effort looking for our small piece of paradise without a lot of success. We would be most grateful for any help or information from readers about the availability of land for sale, building of kit-type homes, and or any helpful hints which will assist us with the beginnings of our dream. We are both city born and bred but share a love of animals, native wildlife and the outdoors. We are both in our late 40s, fit and healthy and not afraid of hard work or new challenges.

Tim & Sue Foster,  
4/3 Wilson Ave, MONTMORENCY 3094.

Dear GR,

We have read your magazine for about two years and it kept us going while we were waiting to make the move from Brisbane to Launceston (Tas). We now live in a small village 20 kilometres from Launceston and will move to **CYGNET** in November. You have to make the move in small steps otherwise it is too much for the system as we found out once.

We have made contact with some groups through the magazine. One is **SOAP** (Switch Off And Play), which encourages you to switch off the TV, especially with children, and do activities, tell stories or just play. You have so much more time to do all those hobbies you wanted to do and realise how true the old saying is that 'TV is the biggest waste of time'. Our son Shane is now going to Launceston Steiner School and has never been happier and we are trying to adopt their philosophy into our life.

When we move to Cygnet in November if anyone needs any housesitting done we would be only too happy to oblige, or if you are building your home my labour is always available and I am keen to learn new skills.

Paul, Sharlie & Shane,  
8 Macquarie St, EVANDEALE 7212.

Dear GR Readers,

We are thinking about going into worm production and we were wondering if any of you could let us know of any experiences you may have had in this area. We would like to know of production hints and particularly **MARKETING PITFALLS WITH WORM FARMS**. We are also considering free range chicken farming and would really appreciate any comments or experiences that any of you may have had in this field.

Christy Aitken,  
'Woodmead',  
Tugalong Rd, CANYONLEIGH 2577.

Hi,

You asked in a recent issue if there were other uses for **WINE CASK BLADDERS**. Well, here are a few:

- Fill with water and freeze. Use in Eskey to cool beer, and if out bush, use to drink if stranded.
- Fill with water. Use as fire extinguisher for campfires.
- Rinse out well, then lay flat and cut up into strips. The plastic is very tough and will not rot quickly. It is then pierced with a wire and hung in a tree to scare birds. Remove when that tree's fruits are gone. Can be used for some years.
- I use one for a travel pillow.
- Partly inflated bladders could be used to act as packing for mailing boxes – very light and re-usable.
- My grandson loves to kick an overfull bladder like a soccer ball.

I am sure you will get many more ideas. Let's have an article on this object. I am curious what ideas will be sent in.

Robert Millet,  
PO Box 853, KALGOORLIE 6430.

Dear GR Readers,

The mornings are getting colder. I go out into the kitchen and switch on my heater, switch on the electric kettle and the stove to make a warming breakfast. These days, my mind often turns to my grandparents and even my own parents when I was a child, and I compare the ease of my life to the way they had to live. Not for them the comfort of the electric blanket, or a warm shower to start the day.

Every night before she retired my grandmother would leave a saucepan of rolled oats to soak. First job in the biting cold would be to light the fuel stove and get grandfather's breakfast cooking. My mother often told me how she and her brother had to milk two cows and then walk at least a mile (1.6 km) to school, and woe betide if they were late. In my own school days I can remember the pain and itching of chilblains on my fingers and toes. No carpet under our feet, and the heating was a small coal fire which the teacher sat in front of all day.

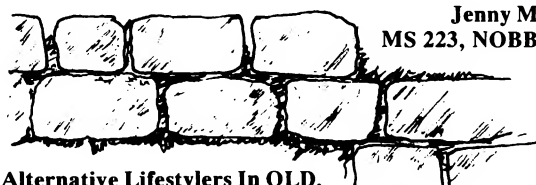
But then, I also remember the winter nights at home, sitting by a blazing fire, eating lovely juicy oranges while we listened to the radio plays.

It is still black outside and I know the grass will be white with frost, just like it was **WHEN GRANDMA WAS YOUNG**.

Mrs B Jenkins,  
22 Beattie St, SCOTTSDALE 7200.

Dear GR Readers,

Would anyone please be able to give me some advice on **GROWING A DECENT TOMATO**? We live on the **DARLING DOWNS** in Queensland and I have so much trouble with grubs, mostly fruit fly I think. Which varieties should I be growing? Are some tougher than others? I am particularly interested in nonhybrid types. I would love to hear some success stories as I am losing faith fast. Also, is there a good variety of nonhybrid broccoli around? I've tried one but was disappointed at how tiny the heads were, although it made up for it with flavour.



Jenny Marshall,  
MS 223, NOBBY 4360.

Alternative Lifestylers In QLD,

We, Allen and Kate, welcome anyone wishing to learn a bit about **MUD BRICKS, STRAW BALE** construction, stonework, solar electricity, ginseng growing, to our 50 hectare farm for a day or two's shared work experience. Membership to **WWOOF** for insurance purposes would be nice and nonsmoking is a must. We are 12 kilometres from Stanthorpe and 200 kilometres from Brisbane.

Alan & Kate,  
PO Box 818, STANTHORPE 4380.  
Ph: 018-884-158.

# FEEDBACK LINK-UP FEEDBACK

## Dear GR Readers, My Extended Family!

First of all I am not a weirdo like a lot of the people who wrote to me from my last letter in GR. Strangers sent me get-rich-quick ideas, and chain letters, why? So, I must make it clear, I am a Christian, wife and mother, age 50, but I have made a most amazing discovery, that I really must share with my extended family, the only problem is I find it hard to explain.

In our (small) water boring business we use **DIVINERS**, people who find the underground water for our clients, who put a peg in the ground, for us to put the drilling machine over, to know where to drill. In 80 to 90 percent of cases we have success, we don't use diviners when a client's religion doesn't allow it, as we respect that. I am a Catholic but I'm sure God would want me to have my own independent water supply under my own land.

Now to my discovery: If you have ME or chronic fatigue, you might try having your bedroom divined, because if your bed is over a stream, it can drain your energy. If you can't think straight, study, or are always tired, inexplicably, to feel better may be as easy as moving your bed. Even if you live in a highrise unit your bedroom can still be divined. A few years ago we didn't even believe in divining, but after seeing the results so many times, it's hard not to believe.

Anyone who would like to write to us for advice on water drilling, your bore problems or future water boring please enclose an SAE. Unfortunately, after our past experience we will not publish our phone/fax, or address. We would love to hear from anyone who has success with divining in their house.

**The Robbo's,**  
C/- PO Box 242, EUROA 3666.

## Dear Grass Roots,

First I'd like to say how much I enjoy your magazine. I'm the original 'cityite' and never imagined I would take to country life like the proverbial duck. Every day is full of challenge and GR has been there with information and ideas, it's also a very good read. I love the letters section, but was moved to write to you after reading a letter in GR 119 from a lady wanting to let her house. She complained about prospective tenants wanting to bring **ANIMALS TO THEIR WILD-LIFE REFUGE**. This made me very sad.

We have a German Shepherd with us on our bush block. She is the gentlest creature who will sit close to a wallaby without moving. The chooks take bones out of her mouth, in fact, we have to be careful that she isn't hurt by the big lizards that share our block, she thinks they are as friendly as she is. Animals love unconditionally, they don't care if you have a red nose and streaming eyes from a cold, they still rush to greet you. Our dog only dislikes the most dangerous creatures on earth, human beings. When I'm on my own in the bush she gives me a great sense of security. I can't imagine life without her and I'm sure I can't have the only well behaved, gentle dog on this earth.

Please give animal owners a go. I always think that if animals like a person, that person can't be all bad.

**Jane Cassidy.**

## Dear GR,

We proudly wish to announce the 'long awaited' arrival. The Team is ecstatic! **TRUE BLUE LETS FOR WESTERN PORT INC** is the newest addition to the LETS 'family' in Victoria. LETS is also Australia wide and world wide and we wish to share our happiness with your readers.

If you would like more information or have any queries, please contact either Jilly or John on 03-5979-7477, all hours.

**Jilly Underwood,**  
PO Box 266, HASTINGS 3915.

## Dear GRs & Jennifer Midgley & Nicole Reitmann,

Thanks very much to all those kind people who replied to my call for **HELP WITH SINUSITIS**. Your help is very much appreciated.

**E Hutchins,**  
PO Box 377, MIDLAND 6936.

## Dear Friends,

With the 'Fence Repair' articles now appearing in GR I would recommend without reservation that people interested in **HERITAGE FENCING** such as post and rail, split posts, crosscut saws, axe and adze sharpening and all the disappearing self-sufficient timber skills cannot go past a course run by the Buchan Outreach Services (Georgie Hilder, PO Buchan, Vic 3885, ph 03-5155-9294).

I spent a full weekend with an old 'bushie' axeman and 12 enthusiasts and came away with skills that soon could be lost. Each day was scheduled for seven hours and we worked 10. What a time! I believe they hold courses every six months or so and in different locations around the high country, so if you are interested in any form of natural timber crafts contact them, I guarantee you will not be disappointed.

**Ron McBeth,**  
Tathra-Bermagui Rd, WAPENGO 2550.



## Dear Megg and Mary,

I came upon an old cook book the other day in the Salvation Army thrift shop. The book is *Schauer Cookery Book*, printed in 1952 by W R Smith & Paterson Pty Ltd. in Brisbane. One of the recipes that caught my attention was for **VINEGAR AND THE VINEGAR PLANT**. I was interested in how to make vinegar but couldn't previously find anything on the subject.

### Vinegar Plant

Put into a large jar 2 lb (1 kg) coarse sugar, 2 lb (1 kg) treacle, 3 quarts (3 lt) water. Cover closely, keep in a warm place for three months. Pour off the liquid, ie vinegar. Bring to boil, strain, bottle for use.

On the top is formed a scum-like fungus, know as vinegar plant. The scum thickens during the process. A new layer forms on its under surface. By peeling off use again. Plant may be used indefinitely.

### Vinegar From Vinegar Plant

To one vinegar plant allow 1 cup of brown sugar, 1 cup treacle, add 4 quarts (4 lt) of water. Place all together into a jar. Tie a cloth over the jar and allow to stand for three months. Strain off the vinegar, bring to boil, bottle.

A new plant will grow, which may be washed and used again.

I have not used this recipe yet, but my mother who is in her 70s tells me that it works and produces a brown vinegar. She used a stoneware jug for the process, and stored it in glass bottles. Well I do hope that this is of interest to some of the readers of your mag. If anyone is interested in any of the other recipes in the book drop me a line and I will try and help. Please enclose an SAE. One of the many recipes is for making yeast - 7 different types.

**Dennis Spencer,**  
1 Walla St, WALLAVILLE 4671.  
Ph: 071-567-324.

## Dear Grass Roots,

I guess I am a pretty grassroots type person as my family came off the land. I can always remember making do and never wasting - it was a way of life and all the people we knew were the same. I guess what I'm saying is **MAKE THE BEST OF WHEREVER YOU LIVE** and whatever you may have. I live in a caravan park where we manage to grow lots of vegies and herbs in pots, also sweet potatoes and pawpaws and passion fruit. My husband is a professional fisherman (handline only). I carry on a family tradition as a water diviner and love doing it. Well, all the best to all readers and do the best you can wherever you live and keep a happy outlook.

**Sue Moody,**  
Captain Cook Holiday Village,  
Town of 1770, Qld 4677.

# FEEDBACK LINK-UP FEEDBACK

## Dear Readers,

If anyone has a copy of issues number 1 and number 6 of Jill Oxtan's 'CROSS STITCH AUSTRALIA' magazine in reasonable order, I am desperate to buy them. I will pay up to new price and postage. Hope someone can help me. Your magazine is a great help up here.

Lynda Irvine,  
C/- Ramu Sugar, PO Box 2183,  
Lae, Papua New Guinea.

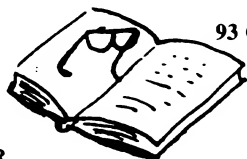
## Dear GR Readers,

We live in the middle of the McKenzie Basin, Central South Island, New Zealand. I am very keen to **ESTABLISH A LETS/GREEN DOLLARS SYSTEM** in this area. I would greatly appreciate any information or ideas, especially from people who have been involved in the setting up of a LETS system anywhere in Australia or NZ. Also, anyone in our area who is interested in such a system, please contact me. I have been an avid GR reader for more than ten years now. It keeps getting better!

Jude Turner,  
64 Omahau Cres, Twizel,  
South Canterbury, NEW ZEALAND.

## Dear Readers,

I heard a rumour that 'GREENPAGES' (green business directory) was going to be updated and printed this year and I was hoping someone could pass on the contact details to me.



Sylvia Wright,  
93 Curruthers St, CURTIN 2605

## Dear GR,

I am writing with the hope that someone will have information on **RUSSIAN COMFREY**, *Symphytum peregrinum* (order Boraginaceae). Some 40 years ago I purchased some rootstock from W F Savage, Green Farm, Red Hill South, Victoria, who I would presume is out of business at this stage. At the time I lived in town and grew it as a supplement for my house cow. After cutting, it would reproduce very quickly, reaching about a metre high and a metre diameter and would produce a mauve flower at times, but I don't think any seed.

Shortly after I purchased a rundown small farm about eight kilometres out of town and by the time I got set to try it again the plants had been destroyed. I did purchase some more rootstock but unfortunately owing to the length of time it was in transport and being packed in a plastic bag it had completely deteriorated.

Would be obliged if anyone could let me know if the plant is still available. The plant is fed to all stock and poultry with very good results.

K G Curtis,  
PO Box 263, NARROGIN 6312.

## Dear GR Readers,

I am a 23 year old female who has recently been diagnosed with **CROHNS DISEASE** (inflammatory bowel disease). I am keen to seek alternative help (as well as professional medical help) in maintaining a healthy, happy and productive life. Is there anyone else out there who also has Crohns and can give me some tips, help, advice or personal experiences? If so, please drop me a line. Any help would be greatly appreciated. Also, if there is anyone who would like to correspond with me on a regular basis, just let me know and I will write back to you. I love all animals (especially cats), growing my own vegies, the beach, reading, cross stitch and bushwalking. I am keen to hear from you!

Sarah Dixon,  
24 McLennan St, APOLLO BAY 3233.

## Dear Megg & Mary,

We have just moved to Chiltern, Victoria, and now have one and a quarter acres to play with. A vegie patch is a must. All we have to do

is get one started. Our one big concern is that we will be eaten out by **FREE-LOADING BUNNIES**. A fence now seems another necessity. The problem with getting rid of these pests is that they inhabit the neighbour's land. Hints on ridding one of the pests would be appreciated.

You might like this recipe or remedy for worms. It was printed in *The Leader Spare Corner Book* in 1935. One lb (1/2 kg) figs, 1 lb (1/2 kg) seeded raisins, 4 d. (?) worth senna leaves, 1 pint (600 ml) treacle. Put through the sausage machine (blender) and mix together with treacle. Give one teaspoonful or more if needed first thing of a morning.

Mrs Marilyn McKay,  
3-5 Epsom Rd, CHILTERN 3683.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

## Dear Grass Roots,

I have been reading the mag for years and have always meant to write in, so here it is, with a couple of requests and a couple of ideas. My family and I will be moving to Canberra in March and we are looking to meet with like-minded folk interested in permaculture. Having lived in Darwin and Coffs Harbour, we will need to learn all over again. Does anyone know the location of the **STONE CHURCH** pictured on page 71 of GR 119?

I have another fun use for **MILK CARTONS**. Use them as an oven! Place a frankfurter, or any other cooked sausage into a bun with a little butter. Wrap bun and sausage in two layers of foil, shiny side in. Place bundle into a clean one-litre carton, leave the carton open, and light around the top of the carton. It should burn down slowly but it takes a bit of looking after to get a constant burn. You will be rewarded with a toasted bun and a nicely warmed sausage, not too hot. The kids love it!

I saw the letter from someone with flea problems. I have a novel way of ridding your home of **COCKROACHES**. Use a couple of ice cream container lids. Place them on the floor and into one place some water. In the other place meat, cheese, cucumber or whatever attracts your cockies. On top of the bait sprinkle a fair bit of plaster of Paris. Cockie comes along, smells the bait, has a nibble, complains about a dry mouth from the salt, has a drink of the nice fresh water, and then ... You can imagine the rest.

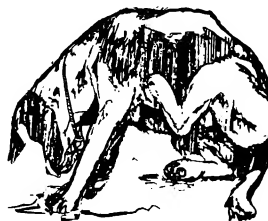
Re John Lee's letter with tips for **12 VOLT BATTERY PROBLEMS**. I can recommend three books which are available from chandlers or boat shops. *Living On 12 Volts For Ample Power*, by Smead & Ishihara (RRP \$49.95), *Twelve Volt Bible For Boats*, by Brotherton (RRP \$26.95), and *Twelve Volt Doctors Practical Handbook* by Behn (RRP \$39.95). They are not cheap, but you will find one at least, an excellent long-term investment. You may find them at a second-hand store if you are lucky. After all, yachties have been surviving on 12 volts for years.

Paul Melling,  
7 Cuthbert St, BAYLDON 2452.

## Dear GR,

I have just read Renee Modra's letter (GR 119) concerning **ALTERNATIVE MEDICINE IN ANIMALS**. Vets working in this field have recently formed an holistic veterinary association and are listed with the Australian Veterinary Association in each state. Their skills, eg Chinese medicine, homoeopathy, flower essences are listed, so you can find a practitioner near you. Some vets will take cases by phone.

Tonia Werchon,  
82 Buderim Ave,  
ALEXANDRA HEADLAND 4572.



# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

I'm chasing **WHITE EGGFRUIT SEEDS** and would be grateful if anyone would supply about a dozen of them.

**Brian Ward,  
Unit 119, Buderim Garden Village,  
BUDERIM 4556.**

Dear GRs,

Use woolwash as a great **LIQUID HANDCLEANER**. Refill your old pump pack with woolwash instead of throwing it out. It leaves your hands soft and is good for getting odours and grease out of your skin. For added antiseptic value add a few extra drops of eucalyptus oil and shake well. It is also a great dog wash (or cat, rabbit etc). It foams up well, rinses clean, dogs come up soft when dry, fleas are washed out and dogs smell nice. (Not all perfumey which offends some dogs when shampoo is used.) And very importantly - it's economical.

On another note, I am wanting to find my good friend **ED DAY**. It is just over two years since he left home and it would be nice to hear from him. He was in Townsville over Christmas 1996 and was working there for some time. If anyone knows Ed or his whereabouts, could they pass this on. He has my number.

**Kate Harper,  
PO Box 80, TATURA 3616.**

Dear Grass Roots,

Regarding Melissa Digby's queries in GR 119, this is how I make my jam. Pick **ROSELLAS** when red, they should snap off. Allow 100 g sugar per 100 ml of berry juice and 100 g sugar per 100 g of sepals (outer leaves or casing).

Separate berries from sepals. Just cover berries with water and simmer until they are just soft. Strain and discard the berries (I compost them) retaining the juice. Add sepals to juice and boil until soft. Add measured sugar and boil until the jam gels. (Test by placing a teaspoon of jam on a cold saucer to see how runny it is - remove saucepan from heat while testing). Bottle in clean sterilised jars.

**Jane Thorley,  
YANDINA 4561.**

Dear GRs,

Just as so many people have asked before me, I too would like to have some information about **COMMUNITIES** that are self-sufficient, specifically in NSW, as I wish to live in the country. I have many skills, herbs, garden and animal knowledge and am also a very keen recycler, but I am not permitted to lift items, a legacy from tendonitis which I had years ago in both elbows, but is now cured. I am hoping that this shortcoming will not prevent me from living somewhere with a goat and a few chooks and my own vegie patch. Just turned fifty, I'd probably have a few good years left to assist in some kind of community. A half-acre or so is all I would need and I would welcome hearing about group titles, dual occupancies and any other kind of community living scheme from those who are in one or setting one up.

**Helen Bell,  
14/78A Hotham Rd, GYMEA 2227.**

Dear Grass Roots,

I was very interested in an article in GR 104 Aug/Sept 1994 on **BANANA PALM HATS**, by Shelley Everingham of Yeppoon. She has obviously since left the area and I would like more information on that subject if anyone could oblige.



**Bridget Hole,  
Lot 31 Creevey Dr, MS 1929,  
AGNES WATER 4677.**

Dear Megg & Co,

I would like to say a big thank you to all who sent me **PATTERNS FOR TEA COSIES**, but am still looking for one for a pig. To those who wrote asking for patterns, please don't despair. I will get patterns off to you as soon as my hectic time is over. I'm getting ready for a Highland Gathering in April.

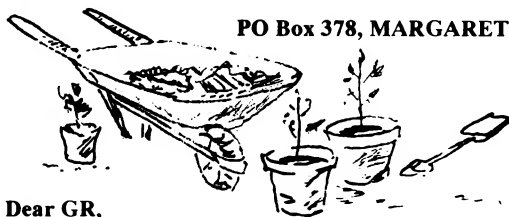
Would like to take this opportunity to wish my friends Gwen Petersen and Arthur Frith all the best in their new venture. Arthur, you will remember, wrote several articles on car maintenance. He and Gwen have just taken over the Howlong Garage. Good luck and love to you both.

**Joan McCall,  
RMB 3180 Hallards Rd,  
CENTRAL MANGROVE 2250.**

Dear GR,

I have recently discovered a whole abandoned town full of **OLD VARIETIES OF FRUIT TREES** of all species near Ballingup, WA. I am determined to salvage as many as possible. Unfortunately the research I've done on propagating fruit trees has revealed a mass of conflicting advice, especially in relation to differences between grafted and ungrafted trees. If anyone out there has had experience in growing from seed or cuttings from ungrafted trees, please share it with me!

**Jinni Wilson,  
PO Box 378, MARGARET RIVER 6285.**



Dear GR,

We have been planning for a few years now to change our lifestyle. We are both in our late forties and intend to buy land in early 1999 to become self-reliant as much as possible. Prior to this we will be travelling anticlockwise around Oz for a year, towing a caravan. We would love to **MEET PEOPLE** who have taken the same step towards self-sufficiency, and of course, if anyone will be selling a farm (preferably in northern NSW, to \$70,000) write to us.

**Eva & Les Thompson,  
C/- 12 Leopold St, VISTA 5091.**

Hello Grassrooters,

I haven't missed a GR since I first started to read it in 1987, a girlfriend loaned me her collection that started at number one, I would read them in bed at night and take notes of things that I thought would be of use to me. At that time we lived on a half-acre block in the hills above Perth. Eight years ago we bought eleven acres in Serpentine, which is 60 kilometres south of Perth, where we breed outdoor pigs and have a small cattle herd.

I now loan out my collection to people in my local LETS (Armadale). I have been going to write in for eight years to comment on the lack of **WESTERN AUSTRALIAN CONTRIBUTIONS**. I always look through the Feedback to see how many West Aussies there are, not many! Maybe they are all like me, taking a while to get around to it; we are known for our laid-back lifestyle. I feel that we in the West have a lot to offer though, so come on all you West Australians, let's get amongst it.

My husband, two children and myself are heading around Australia on two motorbikes, one with a sidecar, in February/March 1998 and I would love to have some people that I can write to over the next 12 months and then hopefully meet on our way around. I love to write, so I would also like a penpal. Is there anyone who would like a penpal in the West? I am a 39 year old mother of four and only a little crazy.

Last request, for this letter anyway, I would love some nice **HEALTHY, LOW FAT, MUFFIN RECIPES**.

Thanks a lot, everyone involved in *Grass Roots*, I look forward to every edition.

**Anne McCabe,  
C/- PO, SERPENTINE 6205.**



# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

My lifestyle objective is to attain **RATIONAL SELF-SUFFICIENCY** by the year 2001. I am fortunate in owning an acreage property on the outskirts of Brisbane. On a hill, at the end of a road, it offers peace and privacy within 20 kilometres of the GPO, a practical location for an alternative lifestyle retreat.

While the intention is to live a low-key existence I will be providing modest accommodation for visitors with whom I would hope to share and exchange skills and interests on a *laissez-faire* co-operative basis. There will be provision for natural therapies plus facilities for a variety of craft workshops. The permanent freshwater creek and rainforest remnants provide quiet spots for meditation. A combination of orchard, plant nursery, herbarium and permaculture garden will provide much of our daily fare.

The project is very much in its infancy so if any readers can imagine an **OPPORTUNITY** for themselves (short or long term) within such an environment, I would be open to any idea or discussion leading to mutual benefit. I am not seeking finance or free labour but am willing to consider any form of exchange or co-operation. Virtual permanent residency could be available to the 'right' persons. I will reply to all letters.

Liam,

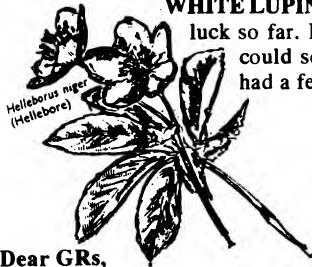
PO Box 366, KENMORE 4069.

Dear GR Readers,

I have been trying to get **HELLEBORUS SEEDS** (all colours) and **WHITE LUPIN SEEDS** but unfortunately had no luck so far. I would be delighted if somebody could send me seeds or rootstock if they had a few to spare.

M Cabral,

53 Paten St, REVESBY 2212.



Dear GRs,

I first bought a copy of this great magazine in Brisbane in 1991. Since coming back to NZ I have continued to read it and look forward to each copy, gaining a great deal with every issue and an appreciation for eco-alternatives.

I currently work in an office in a secretarial role which is what I have been doing for the past 12 years or so, but am this year taking steps towards my 'second career' by undertaking two horticulture papers extramurally at our local university.

My partner and I have just sold his house, and will rent for a while until we find a suitable house with some land to build a sizeable workshop for him to move his motorcycle engineering business home.

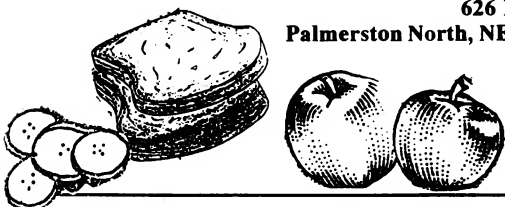
I am really looking forward to finally owning my own house where I can put into practice all the ideas that I absorb regularly from GR.

To Anne-Marie from GR 118, try wrapping your **CHILDREN'S LUNCHES** in a just-damp piece of cloth. This should keep the sandwiches fresh and cool and hold them together. If condensation is a problem, try leaving a corner of the lunchbox open. Keep up the good work GR team, the magazine is certainly a credit to you.

Sandy Mawdsley,

626 Featherston St,

Palmerston North, NEW ZEALAND.



Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

Dear GRs,

Has anyone tried to overcome the high cost of **ON-GROUND CONCRETE WATER TANKS**? As tank liners are readily available (in I guess vinyl or some other suitable material) someone must have built a mud brick water tank around one of these liners/bladders. Please spill the beans on 'how to' and 'cost of', any nasty traps to avoid and so on. How did you do the roof or top, can it be walked on and how hot does the water get in summer? How do you keep the tank walls cool or do you find the warm water is OK? Did you use a reinforced concrete base/foundation slab, and how thick? Any problems from root invasion from trees/grass etc, termites or ants?

Roberino,

Lot 4, ARRAWARRA BEACH 2456.

Dear GR Readers,

What a treat to receive the next copy of GR! I'm a relative newcomer to this mag, but will certainly keep buying it for the practical help and interesting, amusing stories as well.

I am asking for some help. Do any of you know **WHERE TO OBTAIN RENNIN**? It's required for making cheese from goats' milk. I've tried shops and one shopkeeper knew exactly what I wanted, but where to obtain it? Anyone who knows, I'd sure appreciate the information.

Dawn Schwarz,

Box 773, LOXTON 5333.

Dear Grass Roots,

First of all, thanks for the mag. My wife and I have found some helpful and informative articles over the years. We are considering growing **ALOE VERA AND TEA TREES** on a commercial basis, but are unsure of how to go about it. We would appreciate any information regarding maintenance, commercial markets, etc, or some names of people we could contact for info.

P Slagter,

RSD 72, SANDERSTONE 5237.

Dear GR,

Does anyone have any treatment for **TINNITUS** (ringing in the ears). It's my belief that this was caused by tablets prescribed for stomach ulcers. At any rate, it's of many years' duration and seems to be here to stay.

Secondly, has anyone successfully made a **WINDMILL** from a bicycle wheel rim driving an ordinary cycle 'dynamo' (actually an alternator), the output rectified to keep a 12 volt car battery charged? I'm experimenting using five-centimetre aluminium slats from an old venetian blind for the windmill blades, but I'm stuck with two things. I know the forks have to be put where the handlebars would be, so that they can rotate 360 degrees when the wind changes direction, but I can't work out how to modify the bicycle frame to securely mount the whole contraption. There has to be a slip ring too, but I'm confident I can work something out for that. The other problem is high wind protection (yawing). I know the principle of off-setting the tail with a spring-loaded hinge, but I'd like to know if anybody has put theory into practice and actually made one that works. Details would be much appreciated.

Ken Frost,

24 Oak St, ALBION PARK RAIL 2527.

Dear Megg & Friends,

I would like to congratulate GR for their excellent magazine. Sometimes I wish it would come out once a month, for I can't seem to wait for the next issue.

I would like to know if anyone can tell me the name/s of some suppliers for **FABRIC DYE**. I am hoping to tie-dye a few pieces of clothing, and I'm not happy with the American liquid dye that they sell in our local supermarket. Nontoxic dye would be preferred, and any other methods for tie-dying would be appreciated. If anyone could help me, I would be very grateful. Keep up the good work with the magazine. All mail will be answered, eventually.

Clare Orrey,

C/- PO, NAIRNE 5252.

# FEEDBACK LINK-UP FEEDBACK

## Hi Folk!

Another good use for **GR BINDERS**. Don't just use them for each issue but use one to keep your *GR Bumper Book*, *GR Family Book*, and *GR Living Better For Less*. Use two of the holders in each as they're slightly thicker than the regular issues. I found the *GR Fireside Reader* also fitted by trimming the top corner a minimal amount to fit the length of the other 'specials'. (NB: Curve the pages carefully to fit them through – two holders again, but one about page 16 and the second about page 124). Bought *The Early Years* when I missed out on the first issue, got the second, then the ninth etc, so *The Early Years* is in a binder too, followed by my earliest issues.

Those GR 'specials' can go 'missing' too so I put them in binders to keep them together as well as protect them. Beware of pals! Until I put my GR issues and GR specials into binders, I'd even had a couple of friends return my GRs with adverts and articles cut out of them. I was very disillusioned! Then I bought binders and replaced the copies and now 'they' can read here or at the local library. 'They' can borrow at the library too, but I don't like my GRs leaving home, except for a very few people who treasure good old GR as I do.

Well folk, treat your GR 'specials' to a binder of their own too. Each one (binder) which saves your collection is worth twice the price (my opinion!).

Thanks Megg, Mary and all at the GR office for all the hard work. Without you all there working to produce GR, I wouldn't be enjoying all the wonderful hours of reading and doing pleasure.

Helen F.

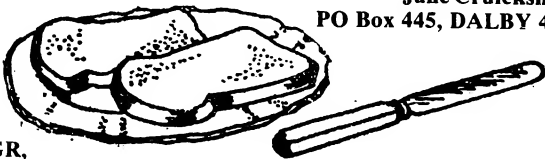
*We really appreciate your kind words Helen, and those of so many other GR readers who take the trouble to add a few words of encouragement to their letters and ads. Thank you all.*

## Dear Megg,

I am one of those people who has reactions to all kinds of foods. The only bread I function on well is **SOUR DOUGH RYE** bread which I buy from Melbourne, but it is becoming too expensive. I am therefore trying to 'develop' some bread of my own, whether it be sour dough or some other rising agent. I can't have yeast or wheat. I can have rice flour, soy flour, buckwheat, potato flour (no corn).

Could you put a plea in for help from anyone who has successfully made a rye bread that isn't like lead? Mine aren't rising too well and are very heavy.

Jane Cruickshank,  
PO Box 445, DALBY 4405.



## Hi GR,

I wonder if any readers may be able to help me. An all too short working holiday in the north finds me back in Brisbane and searching for some accommodation. The **BAYSIDE-REDLANDS** area of Brisbane would be preferred (as my seven year old son lives in this area) but others would be considered due to desperation. Ideally a 'work for rent/caretake' scenario would be wonderful. I have experience in a few of the building trades, gardening/horticulture, am keen on aquaculture and would love some hands-on experience in mud brick/earth building.

I have my son on a 'month on, month off' deal and would like to spend this time in a nice, wholesome environment where we may be able to keep a pet or two and have some garden and playing space.

So if you have any spare room or a spare cottage on your land that you'd like to rent for cash and/or a helping hand then I'm waiting to hear from you. Thanks very much for listening and if anyone would care to write anyway I'd only be too happy to reply.

Mark,

6/70 Pashen St, MORNINGSID 4170.

## Dear GR Readers,

Can someone suggest some help for **BUNIONS**? Paid big dollars

and bought expensive shoes, but my feet are still tender. Can't tolerate anything but socks.

Also, my sister has a serious problem with **POSSUMS IN HER CEILING**. The electrical wiring is being eaten and we fear a fire could result. As our 91 year old mother also lives in the house, safety is a concern. My sister runs a business from home and all her equipment is at risk. The only suggestions we have had are all to do with building a possum house in the backyard. Surely other people have had this problem and surely someone can help my family. Everyone seems concerned only with the possums' safety, what about the safety of the people? Any suggestions with my queries would be very much appreciated.



Mrs Doreen Henderson,  
8 Lakeset Dr, TARALGON 3844.

*GR 114 contains two articles about possums, including a plan for a possum trap. There is also a possum removing service available in Melbourne. Try the yellow pages.*

## Dear GR Readers,

I am searching for a copy of David Scott's '**THE PENNILESS VEGETARIAN**'. Does anyone have a copy they no longer require? It's out of print and libraries don't have it, either. Please contact me and we'll make arrangements. I'll beg or buy a copy and pay for postage.

Maggie Swift,  
PO Box 180, DAW PARK 5041.

## Dear GR Friends,

With the onset of cold weather and a few uncomfortable nights, I was reminded of an **ASTHMA REMEDY** that I prepared for myself last winter. In a very old book by a doctor there was a story of a girl who was given up on by doctors and after using the remedy for a couple of months she never suffered from asthma again.

The remedy is chestnut leaves, dried and crushed and used as tea. I got it from someone who sells chestnuts. Embarrassed to ask for them directly, I first bought some chestnuts and then asked if I could have some of the leaves that had fallen under a tree. The lady was very friendly and she had also read about the remedy in a Greek publication and allowed me to collect the leaves. I have not tried them for any length of time, but last night, after having two cups of it, I had a better night's sleep than I'd had for weeks. So I am rushing this information, hoping others will be able to make use of it before the season ends and the leaves rot on the ground.

I also remember reading that St Hildegard, a Benedictine abbess of the 15th century, advocated chestnut soup (cooked, ground and flavoured, as it is very bland) for the liver. She mentions that liver and lungs are very much interconnected, so I assume that a liver-cleansing diet would also help asthma.

Lucy Daugalis,  
PO Box 390, MORPHETT VALE 5162.

## Dear People,

I hope someone can help us. We have been educating our three children through the Victorian Distance Education Centre for around six years and have been very pleased with the results. We are currently considering living permanently in NSW and want to find a similar **CORRESPONDENCE FORM OF EDUCATION** for our children. What we need is information and contact addresses for any structured correspondence schooling available in NSW, regardless of whether it is government, private or religious, and the requirements of these schools in order for us to be eligible. We would like this information as soon as possible so that we can finalise our living requirements. All correspondence will be gratefully received and answered.

Daryl & Wendy,  
PO Box 702, TUMUT 2720.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

For many years I've been living with a very **ITCHY SCALP** and I wonder if any of your readers know of a natural cure.

My 10 year old daughter suffers from **CANDIDA**. Does someone know of some natural cure for this too?

Yolanda Andrey,  
10 Magnolia Crt, BARGORA 4670.

Dear Sir/Madam,

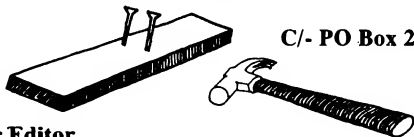
I suffer from multiple **CHEMICAL SENSITIVITY** and **ELCTRO MAGNETIC SENSITIVITY**. I am extremely limited in what I can use. My biggest problem at the moment is **SOAP**. I've always used Sunlight Personal (white) and have this transported from the warehouse direct to a shop in Coona. Recently Rexona has bought into this brand of soap and changed how it was originally made. Now there is no other soap that I can use as I react to them all. I was wondering if you may know of a soap or a homemade soap that would be suitable for me to use. The homemade soap with caustic soda is no good.

Mrs Lisbeth Bowden,  
PO Box 218, COONABARABRAN 2357.

Have you tried soap alternatives such as bicarb soda?

Dear GR Readers,

Isn't this magazine the best of its kind? I am hoping for advice with regards to **PATTERNS FOR DIY FURNITURE** such as colonial style chairs, cabinets and the like. Please answer through GR or if you prefer please call 07-5465-7358.



Jodie Laine,  
C/- PO Box 242, EUROA 3666.

Dear Editor,

My name is Sue-Ellen Lovett, I was a member of the Australian Paralympic team last year, when the world's best athletes with a disability competed at the Paralympic Games in Atlanta. I've been losing my sight since I was a child, but I'm never going to lose my vision of Australia staging the best ever **PARALYMPIC GAMES IN SYDNEY**, in October 2000, just after the Olympic Games. Preparing and winning takes time and money and we need to start early. So in September this year, I'm riding my horse, Mudgee, from Melbourne to Sydney to raise money for the Paralympic Games. My guide dog, Eccles will come on the ride too. I never go anywhere without him. He even came to the Paralympic Games in Atlanta with me. I will, of course, also have a sighted guide with me. I need Eccles because I am now almost totally blind. I have an inherited disorder known as retinitis pigmentosa, commonly known as tunnel vision.

Would readers share in my vision of Australia hosting the best ever Paralympic Games by giving an early donation to my fundraising ride from Melbourne to Sydney?

The route we're taking is 1455 kilometres long. Just two cents per kilometre would be a tax-deductable gift of \$29.10. If you could manage twenty cents, it would raise \$291. Donations can be sent to: Sydney 2000 Paralympic Games, Locked Bag 2000, Annandale, NSW 2038. Or, you could fax through a donation to 02-9519-8341. All donations should be made payable to the Paralympic Games. For further information please call 02-9519-3486.

Sue-Ellen Lovett.

Dear GR Readers,

We love GR, having read it on and off as a motivational tool over the last 15 years whilst saving up for a change of lifestyle. Now we are going to subscribe permanently as Decision Day has finally arrived. Our house is sold and at the end of this year we are moving to **THE ALBANY AREA**. Our dreams first started when we were both students in the UK in the early 70s and subscribing to *Practical Self-Sufficiency*. So it has taken us 23 years!

Our plan is to rent a house whilst searching for some land (anywhere from 5 to 25 acres). We are thinking of around the **TORBAY**

**ORKALGAN** areas and any advice or comments on the pros and cons of these two areas or indeed anywhere else would be most welcome. We are keen on nut and fruit trees and in particular apples and would like to hear from anyone who has had experience in growing apples near the coast where the chilling factor might be considered insufficient.

We have four children aged 5 to 14 and are seeking contact with like-minded readers and in particular we are keen to hear from anyone interested in Montessori education. My wife is a qualified teacher and has been teaching for several years using a large range of Montessori equipment, plus our two eldest children started their educational lives in a Montessori school.

Finally, does anyone have experience in handling a **RELUCTANT TEENAGER** who doesn't want to go bush? Five of us can't wait to move but the sixth, our eldest son who is just 14 has been corrupted by the designer label, materialistic, must-have-now, city society of the late 1990s, which has been compounded by living in an affluent area. Any suggestions on how we can help him with the transition to a better and more caring and gentle lifestyle would be much appreciated.

All letters will be answered and thanks for a wonderful magazine.

Donald & Sue Grosvenor,  
33 Irvine St, PEPPERMINT GROVE 6011.

Dear GR Staff,

To Mrs B Jenkins of Scottsdale, **FRANGIPANI TARTS**. I have an old English recipe for these. They contain no part of the plant:

125 - 170 g rich shortcrust pastry  
125 g jam sugar  
125 g butter or margarine  
2 eggs  
125 g flour  
30 g ground almond  
almond essence  
chocolate or white glaze icing  
flaked almonds or browned nuts  
chocolate or vanilla butter icing  
chocolate vermicelli



Line some patty tins with pastry and put a little jam in each. Cream fats and sugar and beat eggs in, then fold in sieved flour and almond and add essence. Put a spoonful into each tart and bake in moderately hot oven for 30 minutes until cake mixture and pastry are golden brown and firm. Cool, ice and decorate with nuts, butter icing and vermicelli.

Maureen Lavis,  
Blue Gum Cottage,  
Lot 6 West Rd, COOMINYA 4311.

## Thinking of writing a Feedback letter?

- Our Feedback Link-up section is so popular it is uncommon for letters to go into the following issue, although we do our best to fast-track urgent requests. In many instances it will be appropriate to place a Grassified advertisement if you are in a hurry for a reply.
- Many readers request information that has already appeared in earlier issues of GR. Send for a back copies list if you think the information you require may already have been covered by GR (see order page for details). Your local library is also a wealth of information and may have a solution.
- Last but not least, please try and keep your letter to 100 words or less if you can.  
— we're just trying to get the 'Feedback letter' pile down and get your requests printed as quickly as possible!

# FEEDBACK LINK-UP FEEDBACK

Hi,

I'm writing in response to a small article you printed in GR 119 on **SPROUTING SUGGESTIONS** (page 21). The article suggested that recent research showed there were toxins in various kinds of sprouts. Well, being a bit worried about that, I wrote to a man in the USA by the name of Steve Meyerowitz. Steve has written five books on healthy diets and sprouts and he assured me that there was no concern. Attached is the article he sent me regarding this area. He said if you had any questions feel free to contact him. Thanks for your time and wonderful magazine.

**Andrew Mann,**  
30 Lincoln Dr, EAST KEILOR 3033.

*The article Andrew sent points out that toxins in minute amounts are found in many commonly consumed foods, that the study mentioned confused alfalfa sprouts with alfalfa seedlings and that the quantities used in the tests were far in excess of what any person would consume. The implied conclusion is that consumption of alfalfa (and other) sprouts in normal quantities as part of a balanced diet poses no harm.*

**Dear Readers,**

My parents own their own business in Nana Glen (west of Coffs Harbour) growing Australian Native Flowers which they sell to the overseas market. They are particularly interested in organics and are members of an organisation called **CROPO** whose members organically grow their own fruit and vegetables and share ideas and techniques with each other.

Both Mum and Dad are also avid readers of GR. I think Dad reads every issue from cover to cover, therefore I thought it would be a great idea to buy him the subscription for his birthday. I'm sure Dad and the **CROPO** organisation would be happy to share some information about what they do.

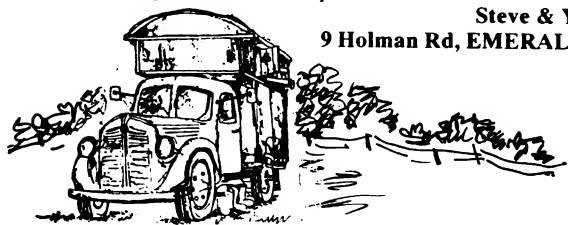
**S Campfield,**  
24 Princess St, WATSONIA 3087.

**Dear GR Reader,**

The house in the suburbs is sold. **A LOW-IMPACT LIFE** is what we seek. We have a caravan, cattle dog, and are skilled in the following fields: farm work, basic mechanics, gardening, equestrian instructing (qualified) and all aspects of horse care. The plan is to base ourselves somewhere between Lismore and Tenterfield or surrounding areas and eventually buy our own piece of alternative lifestyle.

We hope to be able to live in our van somewhere in exchange for labour or negotiable rent. We are moving at the end of June and hope to hear from anyone who can help us out.

**Steve & Yvonne,**  
9 Holman Rd, EMERALD 3782.



**Dear Grass Roots,**

Re my enquiry regarding **LUPUS**, I just have to say 'thank you' a thousand times to all those caring people out there who wrote so many letters, plus phone calls. I will answer them all. All I can say is: anyone out there needing help or information or who is lonely, you just must subscribe to *Grass Roots* magazine. The nicest people do and you will never regret it. It is a wealth of information.

**Mrs D Baker,**  
PO Box 153, INGLEWOOD 4387.

**Dear Grass Roots,**

Well, I've finally got around to subscribing to your excellent publication. I am 28 years old, and a **REAL CITY GIRL** who has always had a yearning to live in the bush. My problem is that I have no idea how to make this dream come true and, apart from a love of

nature, no real survival skills. I'm sure that GR will help me to learn more, but I would be interested in hearing from others who have ventured into this type of lifestyle from a similar background. How do you make the first big step? Any tips, information and encouragement would be appreciated!

**Trish Hellyer,**  
26 Phillip St, ENMORE 2042.

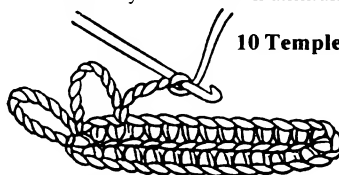
**Dear GR Readers,**

My daughter **Amanda Brigden** (nee Fenwick) has requested me to write to try and find a long lost friend who we all liked very much. She is seeking **MICHELLE REID**, approximately 30 years old, was about 15 years old at Waratah High School in 1982. She was sometimes called 'Strop'. She had fair hair, loved roller skating, lived in Islington and Windale with her mum and sister Mandy (Newcastle). Moved to Queensland 1983, then to Cairns 1986. Anyone please contact me.

**Pamela Linnane,**  
PO Box 263, MAYFIELD 2304.  
Ph: 049-683-699.

**Dear Readers,**

Could anyone help me with a pattern for **CROCHET** corners for hankies or any crochet with animals?



**Val English,**  
10 Templeton St, GORDONVALE 4865.

**Dear Friends,**

My husband and I have enjoyed reading GR for many years, in fact our first copy is issue 10. Although my soul mate passed away two years ago I am keeping up the lifestyle and continuing with our plan to turn our scenic bush mountain property into a four-wheel drive camping and holiday farm. In some things **I NEED HELP** (such as fencing and tractor work) and for this I am offering free accommodation and the use of land. My property is in the New England area of northern New South Wales and I can be contacted on 067-345-242. If interested, you must be prepared to live on generator power. I also do many crafts and have quite a big workshop area. In the near future I will be looking to obtain a peacock and small deer. Can anyone help with these please? Maybe you would just like to camp and look over the New England Hills, so ring me.

**Nell,**  
067-345-242.

**Dear GR People,**

This is my first letter to Feedback, although I have enjoyed being a reader for many years. As a subscriber I love to see that brown paper bag in my mailbox which means that a new issue has arrived. Keep up the great work. I have a question for readers – does anyone have any information of **KOMBUCHA TEA**? This is a fermented potion made with a mushroomy plant, tea, sugar and hot water. It tastes like sweet vinegar. My friend who gave me my first plant claims that his blood pressure reduced considerably after taking the tea daily. I tried it externally on a flat brown growth on my face which my doctor did not want to touch. After three weeks of twice weekly applications the growth disappeared. Does anyone know of any adverse effects? Or does anyone have any good personal experiences to share? I passed on a plant to a friend who has successfully made different flavours, including Earl Grey.

**Maureen Lucivero,**  
C/- PO Box 242, EUROA 3666.

See article on *Kombucha* in this issue.

Letters are accepted and edited at the discretion of the publishers.

# FEEDBACK LINK-UP FEEDBACK

## Dear Readers,

I hope you can help me. I have been looking for a book for some time, called 'MATHS SIMPLY', by Nancy P Sibtair, published in 1983, by Shakespeare Head Press who are now out of business. I am an older person and didn't have much schooling and want to teach myself the easy way for me. I would gladly pay if you can help.

I wonder if someone has a recipe for **ROLL MOPS AND PICKLED EGGS**. I have also been searching for a recipe for a **MARY CAKE**.

**Maureen Schmidt,  
42 Valley View Rise,  
MOOLOOLAH 4553.**

## Dear GR Staff & Readers,

We (son and I) are planning a move to the south coast of NSW some time next year and are wondering where all the GR folk are in the area, from say **SUSSEX INLET TO NAROOMA**. Very few Feedback letters seem to come from the southern regions, mainly up north. Would really love to hear from any of you who could give us information on land/house costs, communities in existence etc. We'd like to live within 30 minutes or so of the coast as perhaps inland would be too cold.

Thank you to all involved for a wonderful magazine – I can only imagine the work involved.

**Lea & Daniel,  
2/20 Paton St, WOY WOY 2256.**

## Dear Editor,

In mid 1995 I developed some symptoms of an illness that specialists diagnosed as Parkinson's Disease. However, although some of the symptoms resemble that sickness, their rapid appearance over only a few weeks might also suggest **CHEMICAL POISONING**. Indeed, the symptoms appeared after my workplace had been extensively renovated and refurbished for the latest of several times in only a few years. I'd be interested in hearing from anyone who may have suddenly acquired symptoms of tremor, muscle pain, arthritis and headaches without any specific cause, and would also be interested in the strategy adopted to handle the situation.

**Paul Rogers,  
PO Box 482, BELCONNEN 2616.**

## Hello Everyone At GR,

We've **MOVED TO JAPAN** for a little while! I badly want to grow fruit and other foods on my own piece of paradise and it just wasn't going to happen if we kept running in the same track in Australia. So we've come here to save money, unbelievable though it may seem. I'm teaching English, and my husband Cam is looking for work but will probably start soon – we've got some good contacts now. So, in a year or so we'll be in a better position to move onto fruitopia! Or, 'the mango farm', as the kids refer to it. They (Tom, 5 and Carey, 4) will soon be attending kindergarten, so they'll learn Japanese pretty quickly. Anyway, we're living in a 'rural' area (the farms here are comparable to gardens in Australia) and there is heavy fruit and vegetable growing going on all around us. It's wonderful! I walk amongst the 'farms' and rice paddies every day, just absorbing the energy. I love it.

**Cath Wood,  
9676-2 Naka Minowa,  
Minowa Mach Daza, Kami-Ina Gun,  
Nagano Ken, Japan. 399-46.**

## Dear Grass Roots Clan,

For many years now I've been a reader of your publication and also lived a down-to-basics lifestyle. Fifteen years ago I met and fell in love with a beautiful, free-spirited GR lady who became my wife. We lived on my 126 acre farm in a small country town near Seymour Victoria. My wife (Linda) was an absolute gem, her down-to-earth knowledge was second to none.

I had the privilege of spending time with this beautiful person. During our time together Linda bore three beautiful children to me.

Anyhow, to cut a long story short, approximately three years ago all four were taken from me in a tragic accident. The shock and horror of their loss totally devastated me and I've become a nomad, leaving my (our) farm, just locking the door and walking away. My health has declined rapidly and my spirit has been at its lowest of lows. For the past three years I hadn't read your magazine. Only last week I was in my local newsagents and picked up GR 121. Upon reading stories about and letters from your readers I realised I was not all alone and my Linda and kids weren't totally gone, but live on in the lifestyle of all free-spirited down-to-earth people. Now instead of feeling lost and alone, I hold a new spirit of pride and happiness at having been fortunate enough to have spent as much time with Linda as I did.

Now, what I'm really wanting to write to you about is my health. Due to the devastation of my fourfold loss I became an alcoholic, but have managed to overcome that part of my health problem. Recently I've become a member of a self-support group to help with my attitude problems. However, last week I went to a local doctor who informed me of my next problem; **CANCER**. He tells me my lungs, stomach and other organs are alive with it (or is that dying with it?). Anyhow I'm not ready to give up yet, so I thought I'd write and ask readers if anyone could steer me in the right direction of products, recipes, food types etc that can help me fight this decaying feeling.

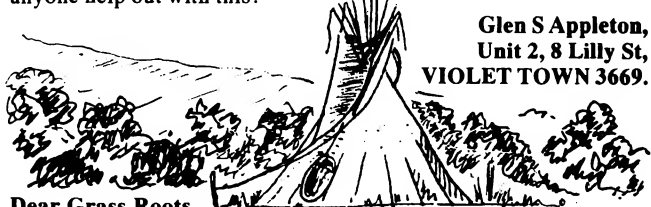
Any advice, any assistance welcomed. Who knows, we may even become lifelong friends? Thank you *Grass Roots*, and, in anticipation, thank you to your readers.

**Laurie Williams,  
PO Box 508, BOWEN 4805.**

*We wish you all the best Laurie. We don't know of support groups in Queensland, but are sure readers from the area will be able to help you. Some recent publications that might be of assistance are as follows: 'Meditation Pure & Simple', Ian Gawler, published by Hill of Content, 86 Bourke St, Melbourne 3000, ph: 03-9662-2282. 'Facing Cancer', Liz Byrski, Collins Dove. 'Cancerproof Your Body', Ross Horne, Angus & Robertson.*

## Dear GR Readers,

For years I have been looking for a book that was in the school library in the early 60s called 'POOLORN OF THE ELEPHANTS'. I have no idea of who the writer was, or the publisher either. Can anyone help out with this?



## Dear Grass Roots,

I am interested in hearing from anyone who has **CAMPED IN THE BUSH** for long periods. I would like to hear about their experiences and preparations. Also anyone who would like to drop me a line, I'm 26 and interested in hearing from all types of people.

**Andrew,  
PO Box 317, HAMILTON 2303.**

## Dear GR Readers,

I have recently moved to Tasmania and hope to meet some new people around the **HUON AREA**. Has anyone ideas on building their own green/hothouse for this climate? Any tips also on sinus problems? I'm fine all day, but most mornings when I wake up it starts breaking up and doesn't sound too good.

Has anyone ever experienced strange psychic phenomena and had life changing spiritual experiences?

**Andrea O'Neill,  
PO Box 449, FRANKLIN 7113.**

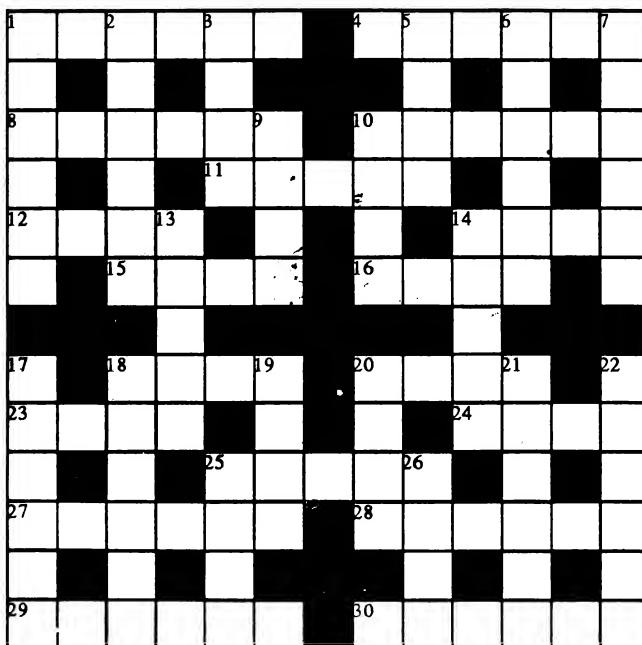
Letters are accepted and edited at the discretion of the publishers.

# CRYPTIC GRASSWORD

by M Riley, Tanjil South, Vic.

- Across
1. Truly found to be in deed (6).
  4. Usually jacks up when changed (6).
  8. Change if hams make one hungry (6).
  10. Limped into cheeky hollow (6).
  11. Alight and come to the point (5).
  12. Send to extremes (4).
  14. Labour function (4).
  15. Tenants figure it out in sects (4).
  16. Incense to produce this (4).
  18. In all veracity Sydney is no Hamlet (4).
  20. Cast to decide outcome (4).
  23. Back away to steal instrument (7).
  24. Doesn't admit to being way-out (4).
  25. Al on ice in wonderland (5).
  27. Lookout being cautious, we bear changes (6).
  28. MP in Eire bound for the United States (6).
  29. Include half of them with the corpse (6).
  30. Witness at trial (6).

- Down
1. Groovy stole (6).
  2. Overseas threat was fleet (6).
  3. Not the first one for the cobbler (4).
  5. Hire to be next in line (5).
  6. Make use of my pole (6).
  7. Meat sticks in the pan by the sound of it (6).
  9. Heads for them in what's called panic (4).
  10. Sounds senseless (4).
  13. Sail around the North for a mollusc (5).
  14. Correspond to sign (5).
  17. Steady for a horse (6).
  18. Flies in here at risk (6).



19. Why drink in the university (4).
20. He's next to behead (4).
21. Former quote to stir (6).
22. Tester could be away (6).
25. Reorganise raid on dry land (4).
26. About time for issue (4).

*Solution on page 66.*

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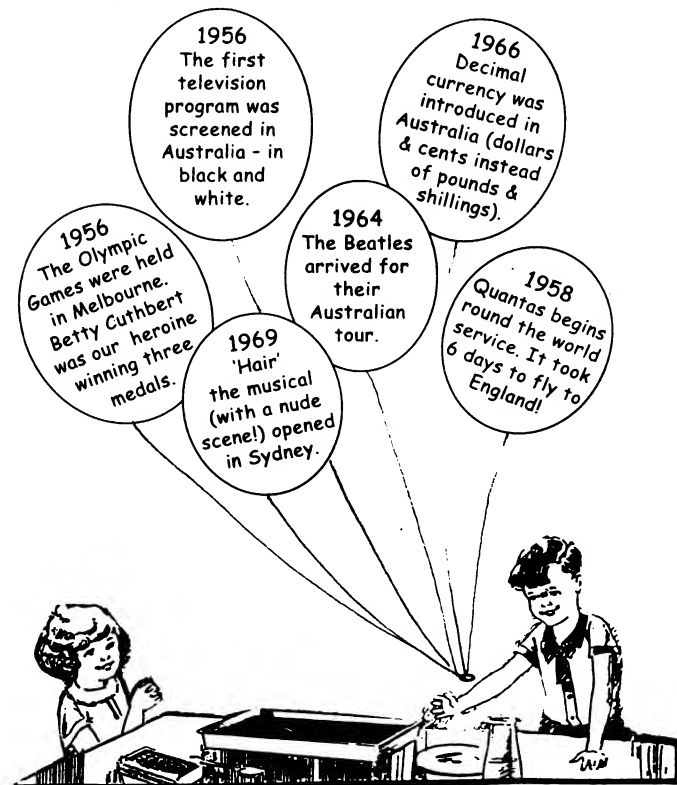
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## SOME OLDEN DAY FACTS



## BOOK REVIEW

### WHEN I WAS A KID

Written and illustrated by Rachel Tonkin

This picture book recalls some of the events and activities that were significant to a child growing up in the 1950s and 1960s. Major cultural events such as the introduction of TV, the Melbourne Olympics and visits by Queen Elizabeth are remembered and told from a personal perspective. Reminiscence about more everyday activities takes up most of the book - humorous anecdotes relating to some common activities and values of the time.

The illustrations are colorful, historically accurate and immediately recognisable and meaningful to those who experienced life in the 50s and 60s. This book will probably interest and amuse older children who are amazed that mum, dad, grandma and grandpa lived in such times. It may amuse mum, dad, grandma and grandpa even more.

Published by Allen & Unwin. RRP \$19.95

## JOKE

Teacher: 'Geogina, there was the Ice Age, then the Stone Age, what came next?'

Georgina: 'The Saus-age'

## MAKE AN OLDEN DAYS JOURNAL

Ask your parents and/or grandparents about what they did when they were kids. What were their favourite clothes, types of food, books, games? What do they remember about the houses they grew up in, the cars they rode in, the schools they went to?

Write down the things they tell you. Do they have any old photos to show you? Draw pictures of how you imagine some things they've told you. You could then make up an album, journal or newspaper about life in those days.

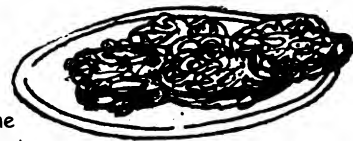
You could also make a journal or newspaper covering the same topics about your life. Imagine looking back on it in years to come! Another fun way to remember your childhood: make a 'time capsule' by collecting a range of items that are common in your current daily life (eg. favourite lollies, photos of your favourite singers, samples of your schoolwork). Place the items in a container and hide or bury it in a safe place.

## COOKERY CORNER

### - AN OLDIE BUT A GOODIE

#### ANZAC BISCUITS

- 1 1/2 cups rolled oats
- 1 cup raw sugar
- 175g butter or margarine
- 2/3 tsp bicarbonate of soda
- 1 1/2 cups plain wholemeal flour
- 1 cup desiccated coconut
- 1/4 cup golden syrup or honey
- 1 tbs boiling water



- Mix together oats, flour, sugar and coconut. Combine butter and golden syrup in a saucepan, stir over low heat until melted.
- Mix soda and boiling water, add to melted butter mixture and stir into dry ingredients. Place spoonfuls onto greased tray - remember to allow room for spreading.
- Cook in oven set at 160°C for 20 minutes.

## OLD-FASHIONED THINGS TO DO

- \* Watch the TV in black & white (turn the colour switch down)
- \* Have an olden days theme party
- \* Play a game of marbles or hopscotch
- \* Build a billy cart
- \* Visit your library and search out some books that were written a long time ago. Some suggestions:

*The Secret Seven* - Enid Blyton  
*The Famous Five* - Enid Blyton  
*Black Beauty* - A. Sewell  
*Doctor Dolittle* - Hugh Lofting





# WHILE THE BILLY BOILS

These warming winter recipes will satisfy hearty family appetites or impress guests. Use your imagination to substitute ingredients you have on hand (or in the garden) for any you don't have. Thanks to those who responded to our request in the last issue and sent in their 'family favourites'.

## CORN CHOWDER

185 g rindless bacon, diced  
30 g butter or ghee  
2 sticks, celery, finely sliced  
1 onion, finely sliced  
2 medium-sized potatoes, diced  
600 ml water (or vegetable stock)  
2 bay leaves  
salt and pepper  
1 rounded tbsp of cornflour  
600 ml soymilk  
1 sml can sweetcorn kernels, drained  
1 dsp parsley, chopped

Melt butter (ghee) in a saucepan, add diced bacon and fry gently until it begins to change colour. Add celery and onion. Cook for 1 minute, add diced potatoes, water and bay leaves. Season lightly and cook gently until the potatoes are tender (about 20 minutes). Remove pan from heat.

Mix the cornflour with a little of the soymilk and stir into the soup. Add rest of milk and sweetcorn. Season to taste. Simmer for approximately ten minutes. If this boils it will curdle. Serve sprinkled with a little parsley.

Nola Bindon, Yass.

## JERUSALEM ARTICHOKE PANCAKES

1/2 kilo Jerusalem artichokes  
3 tbsp thickened cream  
1 onion, grated  
1 tsp soy sauce  
1/4 cup whole wheat flour  
2 tsp baking powder  
2 eggs, well beaten

Wash artichokes and soak in water for 30 minutes. Drain, dry, peel and shred. Drain liquid and use later if more fluidity is desired. Stir in cream and onion. Season with soy sauce and pepper. Add flour and baking powder. Mix well. Add eggs and blend thoroughly. Drop onto greased griddle and brown on both sides. Makes about 18 pancakes.

Marly Francis, Camperdown.

## WINTER VEGIE SOUFFLÉ

1/2 kilo Brussels sprouts  
1 large onion, diced  
100 g mushrooms, sliced  
1 carrot or potato, diced

50 g parmesan cheese, grated  
1 tbsp sesame seeds  
75 g butter  
75 g wholemeal flour  
1/2 litre milk, or 1/4 litre milk and 150 ml each cream and vegetable stock  
3 eggs, separated  
pinch of freshly grated nutmeg & freshly ground black pepper

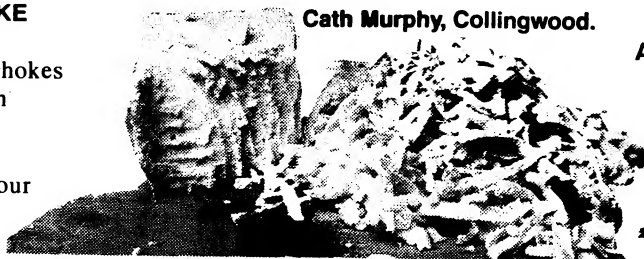
Steam the green vegetables, carrots and potatoes until just cooked but still firm. Drain. Reserve the water for stock.

Sauté mushrooms and onion in half of the butter until the onion is soft. Add the remaining butter, flour and cheese and cook over low heat for 1 minute.

Remove the pan from the heat and gradually add the liquid, stirring constantly. Return to the heat and stir the sauce until it thickens. Season and allow to cool slightly before beating in the egg yolks one by one.

Stiffly beat the egg whites. Stir the vegetables into the sauce and fold in the egg whites carefully. Pour the mixture into a greased ovenproof dish, leaving plenty of room for the souffle to rise. Sprinkle with sesame seeds and bake at 180°C for 50-60 minutes.

Cath Murphy, Collingwood.



## TOFU STUFFED CABBAGE ROLLS

Wash 18 large cabbage leaves and put each leaf into boiling water for 1-2 minutes to soften. Drain and trim out the hard centre core strip.

### Filling

Saute together until limp:

3 tbsp oil  
1 medium onion, chopped  
1 clove garlic, chopped

Turn off heat and mix in:

750 g tofu, mashed  
1 cup cooked rice  
1 tbsp soy sauce  
1 tsp salt

Put 2-3 tablespoons of filling on each

leaf, fold the sides in and roll up. You can use toothpicks to hold them together if needed.

### Sauce

Mix and simmer in a large saucepan while preparing filling:

1 can tomato paste (180 g)  
7 cups water  
1/4 cup raisins  
1 tbsp salt  
6 tbsp sugar  
2 tbsp lemon juice

Carefully place the rolls into simmering sauce and don't stir so they won't break. Simmer 2-3 hours, not stirring, but pushing down on the top rolls occasionally. Can be served alone or with mashed potatoes or rice.

Matt Davies, ACT.

## DRIED FRUIT SALAD

Soak a variety of dried fruits in fresh water for up to 12 hours. The fruit will plump up quickest in water, but if you wish use fruit juice, wine, brandy or rum, the stronger and sweeter the liquid, the longer the time required to soften the fruit.

Gretchen Fritaag, Hahndorf.

## APPLE CUSTARD TEA CAKE

125 g margarine  
1/2 cup sugar  
2 eggs  
2 apples, thinly sliced  
1/2 tsp cinnamon  
20 g melted butter  
1/3 cup custard powder  
1 1/4 cups SR flour

### Custard

1 1/2 tbsp custard powder  
1 1/2 tbsp sugar  
1 cup milk  
2 tsp vanilla essence

Cream margarine and sugar well. Add eggs, beating well. Stir in sifted flour and custard powder. Spread half cake mixture into greased 23 cm cake tin. Spread with cold custard. Spread remainder of cake mixture over top. Arrange apple slices over top. Brush with melted butter and sprinkle with cinnamon. Moderate oven about 1 1/4 hours.

B Jenkins, Scottsdale.

# TO DRY AND SAVE

by Theresa Powe, Rochedale South, Qld.

Drying is the oldest method of food preservation known to humankind and is still the most economical. When people realised, probably by chance, that sun and wind removed moisture and preserved food for later use, they could store food in harvest times or times of plenty, then when there was a failure in the crops through storm or pestilence they had reserves to draw on. Also, ancient explorers depended on dried foods for their long voyages.

Much has been written about the health and youthful appearance of the Hunza people. They make much use of apricots, fresh and dried. Scientists have found the apricot oil a rich source of polyunsaturated fatty acids. Dried apricots are soaked overnight in water and eaten with cooked millet or made into a paste as jam for bread. Apricots are a rich source of organic copper and iron and could well be the reason for the absence of anaemia in the Hunza people.

Some of the present-day older generation would remember the drying foods hung from the rafters over a wooden stove, especially in Europe. If there were shortages in the supermarkets today many people would be at a severe disadvantage because too few provisions have been stored. Dried foods at these times would be a great advantage.

Fresh is best, but dried foods are a welcome addition to our diet in off-seasons. Many may worry about the loss of vitamins in dried foods, but keep in mind that enzymes are continuing to work in the 'fresh' foods at the supermarket under strong lights and we have no idea how long ago they were harvested. So canned, frozen and dried food, processed immediately, are good nutritional alternatives to the supermarkets' fresh foods, especially when they are out of season.

The drawback of having a home garden or fruit trees is that at harvest time we have too much at once and it is dirt cheap in the shops as well. We can bottle and freeze and give to friends, but often they are in the same boat. Drying is the sensible thing to do. Some foods even improve with drying, such as pineapple and dried tomato. Dried tomato

added to stews or soup or grated over salads is delicious and dried pineapple is a healthy tasty snack.

A blender will powder dried onions, pumpkin, celery tops etc, and you can add a little salt if desired to make seasoning salts. Celery, tomato and cucumber powdered together in a blender makes a great salad enhancer. Dried grated foods are a real time saver. Store in glass jars. Before using reconstitute desired amount in boiling water. For example, for one cup of carrots, pour on one cup boiling water and let stand 10 minutes.

Zucchini and tomatoes make good dip chips. They can be sprinkled lightly with barbecue sauce or seasoning salt before drying.

Most commercial dried fruits are processed by sulphuring and there is much objection by natural food enthusiasts to this practice. I have an electric dehydrator, but have dried by the sun as well. You have to be careful about insect infestation with this method.

To construct a rack for drying food, stretch a width of fly screen wire over a wooden frame made of one to two centimetre strips. Fit a duplicate wooden frame on top of the screen. The screen is then sandwiched between the two wooden frames. Fasten the frames together so the screen is taut. It can be easily washed.

## RECIPES

### Croutons

If you have bread that is not too fresh, stack two or three slices together and cut off crusts. Cube the bread. The cubes can be dried plain or seasoned with seasoning salt, spices or parmesan cheese. Shake cubes and seasoning in a paper bag. Croutons will dry in two or three hours.

### Fruit Cobbler

2 cups dried apples, plums, peaches, or apricots  
2 cups boiling water  
1½ cups SR flour  
2 tbsp brown sugar  
3 tbsp butter or margarine  
1 egg, plus milk to make up 1 cup liquid  
Pour boiling water over fruit and let



stand five minutes. Blend together softened butter, sugar, flour and liquid. Spread batter over prepared fruit and bake in moderate oven. Serve with whipped cream.

### Fruit Muffins

⅓ cup dried raisins, dates, blueberries, or currants  
⅓ cup boiling water  
2 cups SR flour  
⅓ cup honey  
1 cup milk  
1 egg, beaten  
⅓ cup oil

Pour boiling water over fruit and let stand five minutes. Sift flour. Beat egg. Add milk, oil and honey and blend in flour. Drain fruit and fold into batter. Spoon into muffin tins. Bake for 20-25 minutes in a moderate oven.

### Tomato Sauce

In a blender, process dried tomato slices until they become a powder. Put in a saucepan and combine with boiling water. Simmer. Season as desired with seasoning salts, chilli powder. Twelve slices will make about 1½ cups of tomato sauce.

### General Hints

- Most dried fruits can be ground and added to recipes.
- Add to cooked cereal a few minutes before serving.
- Grind and use for fillings for cookies and cakes.
- Dried apples make excellent snacks. Reconstitute and simmer for desserts or whirl in a blender for apple sauce.
- Dried bananas are yummy snacks. When dried brittle they can be crushed to powder in the blender. Dried banana can be reconstituted and used as for fresh bananas by adding boiling water and then whirling in a blender.
- Before drying apples and bananas I immerse slices in lemon juice to keep the colour.

# REMOVING INK STAINS

by John Mount, Woodford, Qld.

The biro in your shirt pocket suddenly decides to dump its total contents into the bottom of your pocket. You watch in horror as a large blotch on your new and favourite shirt rapidly increases in size.

While the stain is still fresh, place it in a bowl or similar sized container of fresh tepid cows' milk. Wait until the milk turns the colour of the ink, squeeze out the stained area and re-immerses in fresh milk. Repeat this process until the stain disappears, then rinse and wash as normal.

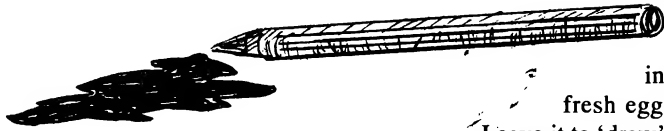
With stiffer material such as leather and canvas, a small brush such as a toothbrush can be used with the milk. If the stain is stubborn try the juice from a ripe tomato. To remove very stubborn ink stains try a mixture of lemon juice, ammonia and water in equal quantities.

With ink stains on a carpet it is important to blot up immediately after the spill, then sprinkle some salt on the stain, all the

while blotting, working and brushing the salt into the stain and removing and replacing with fresh salt. Another method for carpets is to make a paste of corn-flour and milk, rub it well in and leave for a few hours, then brush or vacuum.

Old dried ink stains on some fabrics can often be removed by dissolving some oxalic acid in boiling water and immersing the stained part therein. The stain should quickly disappear. To remove ink stains from hands, rub the stains with the inside of a banana skin, a piece of raw potato, or a mixture of vinegar and salt.

Most types of cloth with fresh ink stains can be successfully cleaned by



spreading the yolk of a fresh egg over the stain.

Leave it to 'draw' for 15 minutes then plunge the fabric into boiling water and allow to soak for around five minutes. Take it out and rub the marks vigorously with ordinary soap and water and the stains should disappear.

Red ink stains, especially on table linen, will often disappear if ordinary mustard is spread over the stain and left for three-quarters of an hour. Then sponge off, rinse and wash as normal.

Wall plaster is nearly impossible to remove ink stains from because of its high porosity. Even when the surface of the stain dissolves, the rubbing action invariably spreads the stain further. The only methods advisable are to either paint over the stain or to gouge out the stain and fill the hole with a filler.

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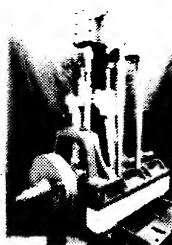
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# FURNITURE FROM RECYCLED TIMBER

## PART TWO

### Design Ideas

by Ken Cooper, Murrurundi, NSW.

The chrome and laminex furniture era is still with us, but a lot of people are going back to the good old solid wood quality and style. The appeal of well made wooden pieces never really died, it just lost its direction a few years back. It has been rediscovered, but now its appearance is more and more due to the use of recycled timber.

The old maxim of good workmanship, strength and eye appeal is still as true as ever it was. We will be creating tomorrow's antiques, but what we have to do today is make and market them, so eye appeal, which involves pleasant proportions, is very important. There are hordes of home improvement and wood-working magazines around to give you ideas, but don't be afraid to use your own imagination.

Since time immemorial if nature has used a simple mathematical formula, it is 1 to 1.64 or 1.65; a fairly narrow margin. You see a table 750 mm (2'6") high and 750 mm wide and 1230 mm (4') long. Looks neat and in proportion. Stretch the top to two metres (6'7"). Doesn't it look too narrow for its length? Very nice for a special purpose table, but wouldn't it look better if it was 900 mm (3') wide?

A nice little trunk or blanket box would go anywhere, even as a coffee table, if it's 400 mm (1'4") wide x 400 mm high x 660 mm (2'2") long. If it is 1500 mm (5') long, as a centrepiece in the lounge, it would be easier to climb over it than walk around it. But put it on 150 mm (6") Queen Anne legs and it would be marvellous to put along the bottom of a double bed to hold the doona in the summer.

A lot of carving and decoration on a piece of furniture looks grand, but a piece with nice plain lines, well made with good proportions and a nice little decoupage or small amount of decoration, just enough to catch the eye, looks affordable, elegant, and has universal appeal. It would look at home anywhere.

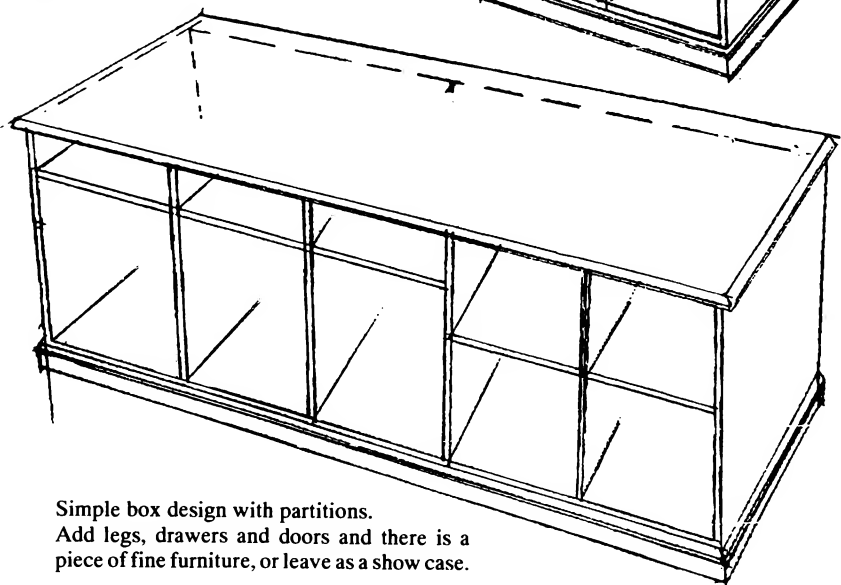
Dovetail the corners, add black iron

or brass handles, a proper little lock with only a bare keyhole visible and a simple trunk becomes a treasure chest. Use matching recycled wood with the odd ding and battle scar and you have an antique. Cost? About \$100 tops, plus a lot of care and patience.

If an item is 450 (1'6") x 450 x 750 mm high with a couple of doors or two drawers and a door it's a nice little cupboard. Lie it on its side and swing the doors to meet in the middle, then lift it on tapered or turned legs to make it 900 mm (3') high and you again have eye appeal. Add a lightweight tray inside the legs, balance it with a light backboard and slightly lower sideboards on the top to achieve a look of elegance.

Slim turned legs with a little square piece left to fit the tray to, or tapered straight legs, add to the elegant look. But be careful the wood used has the strength. The grain must be long and run the length of the timber, not across it. On the other hand, wide, square, straight up and down legs shout strength and utility. Chunky is the buzz word. A big

that can be added to.

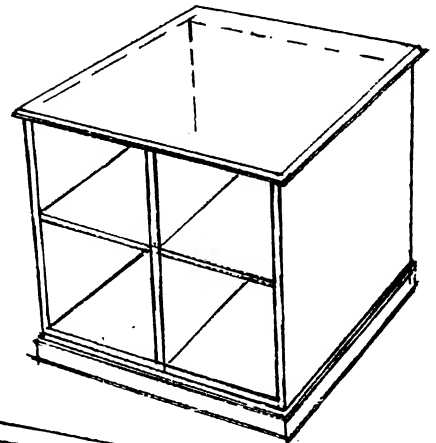


Simple box design with partitions. Add legs, drawers and doors and there is a piece of fine furniture, or leave as a show case.

outdoor table set four-square and braced near the ground from leg to leg looks as if elephants can turn handsprings on it and it will stand for a hundred years. Some even look as if they grew there. My favourite material for such a setting is oiled cypress with matching benches, forms, or pews. When making the latter remember that the shorter the bench the closer to the end the legs need to be, or someone will sit right on the end, the form will tip up and down they will go. Funny if you're nine, not if you're ninety. Toddlers like to walk along them and hang five off the end. The bottom of the

#### A Simple Idea

Start with a simple shape . . .



legs should be wider than the seat. Even ten percent wider means that the top must tilt or rise quite a considerable distance before it can tip.

These benches are really comfortable. I have sets of tables and stools at the local cafe and people love to sit outside on them and gossip, sometimes for hours. They have to sit upright, and they say they can stand up and walk away without the usual aches and pains experienced after using more traditional chairs. They are simply a seat 250 mm (10") wide with legs 300 mm (12") wide, and are the usual chair height of 460 mm (1'6"). A 150 mm (6") x 25 mm (1") board runs down each side to hold it all together, with 170 x 100 x 50 mm (7 x 4 x 2") 'spacers' to hold the boards apart and to fasten the top. A three metre (10') set will seat a dozen or more people.

Of course, such a project needs a lot of timber. Hardwood or cypress slabs are best and a preservative of oil is needed. I use raw linseed mixed 50/50 with turps to thin it so that it will penetrate deeply. Both are reasonably cheap. Rate of application varies, but once a week for a month, then twice a year after that is good for most timbers. They will mellow quickly.

Next time, advice on marketing and pricing your masterpieces.

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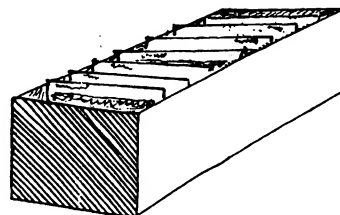
# FORGOTTEN ANOTHER BIRTHDAY?

by Barbara Warren, Cranbourne North, Vic.

Always running late sending birthday cards? Or worse, completely forgotten Aunt Maude's birthday or Jane and Charlie's wedding? A simple but effective method to overcome this is to make a greeting card reminder box. The design is simple, adaptable, and recycling makes it cost free. Get the children to make it during the school holidays when there is that 'What can we do, Mum?' cry.

A shoe box can be used, or cut and staple or stickytape a cardboard box to take an average greeting card, either widthwise or lengthwise. A flat lid can be attached with hinges of strong sticky-tape. For a drop-on lid, cut card slightly larger all round than your box, depending how deep you want your lid. Make a cut at each corner so that you can bend each piece down and fix with sticky-tape. The box and lid can then be covered with paper or fabric and can be as plain or as decorative as you prefer.

Mark twelve cards, one for each month of the year, to be kept at the front of the box. List the date and name (also address if you wish) of each person for that month. As the months pass keep the current month's card at the front of the pack and put to the back when it is over. Size will depend on your box and how much information you want to include.



Use any stiff card to make dividers. You can purchase dividers or cut them from manilla folders (available in all colours), discarded shirt boxes, or any type of card you may have. Make a divider for each month of the year.

As you purchase or make birthday or special occasion cards place them behind the appropriate month's divider, ready for mailing to the recipient. Buying several cards at one time saves shopping time and you can have spares ready for months ahead. If you make your own cards you are already on a plus!

Alternatively, you can do without the monthly dividers by placing a larger or different coloured divider between the monthly date cards and an assortment of birthday cards. Yet another piece of coloured card can separate birthday cards from special occasion cards.

Replenish your stock as you use it and you will never get caught out again. It certainly beats having to rush out to the shop to buy a card and mail it at the last minute.

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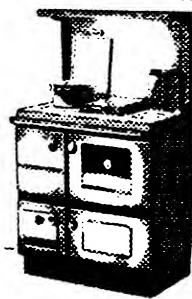
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# USEFUL PLANTS OF THE NORTH

by Colline Muir, Vic.

Several years ago I was fortunate enough to be able to take part in a school expedition to northern Australia, including Arnhem Land where we made contact with Aboriginal people of Yirrkala. One aim of the trip was to duplicate part of the botanical collection made by the explorer Ludwig Leichhardt in 1845, which he was forced to abandon when some pack animals were drowned.

An interesting aspect of the botany of Arnhem Land and nearby areas is the extent to which plants were, and are, used by the Aboriginal people for food, medicine, fibre, timber etc. Of our fifty Leichhardt 'target plants' (he collected many more) alone, many are important, useful species. Leichhardt himself, probably more than any other Australian explorer, investigated the food potential of plants he found on his journeys.

According to the references we used, twenty-six of our fifty plants are edible; thirty-one are medicinal; one is a waterproof sealant for canoes; one is a fish poison; three are fibre plants used for cordage, paintbrushes and weaving; several are used for timber; four are 'calendar' plants.

Of the medicinal plants, sixteen are used to treat wounds, sores, scabies, itches and sore eyes; two relieve stings such as those of jellyfish, stingray and stonefish; one is a 'smoking' medicine. Six of the above have been shown to contain saponins; seven contain tannins; one contains triterpenes and steroids.

Ludwig  
Leichhardt



Not all the plants occur at the same locality, so only some treatments are available at any one place and some are seasonal. The treatments may reflect the commonest illnesses, or the commonest plant constituents. Some may be no more than placebos. A plant used in one place may be unknown in another, or it may have a different use.

Many plant genera, and even species, are represented in Africa and Asia as well as Australia. They often have a medicinal reputation in more than one continent. Many of these widespread plants are thought to have predated the breaking up and drifting apart of the super-continent, Gondwanaland.

## A SELECTION OF PLANTS

The following are a few of the interesting plants that we found:

### *Grewia retusifolia*

Paperberry or dysentery plant is a widespread perennial with African affinity which we found in many places. Known as *muta muta* at Yirrkala, we were told there how the mucilaginous root is pounded to a sticky paste, then applied to boils to soften them and draw out the core. The pounded leaves are soaked in water to make an antiseptic wash. An infusion of the leaves relieves 'dysentery'. We found the double fruits pleasant to eat, as did Leichhardt. The chewed stems make good paintbrushes.

### *Bossiaea bossiaeoides*

This curious flat-stemmed pea flower is a 'calendar' plant. Its flowering indicates that wild bees' nests will be full of honey. We found it in open eucalypt woodland.

### *Persoonia falcata*

Geebung or milky plum tree is a small tree with long, sickle-shaped leaves. The yellow starry flowers are followed by edible yellow fruit with a large stone. From the inner bark are made drops for sore eyes and ears. A decoction of leaves

relieves coughs and diarrhoea.

### Eucalypts

Eucalypts of various species provide 'gum' to make an antiseptic, astringent wash for wounds, bruises and sores. (In the tropics any small cut or wound quickly becomes infected, the infection spreading rapidly if not attended to.) At Yirrkala the young red leaves of stringy bark, *Eucalyptus tetradonta*, make a healing lotion, while the inner bark is used as canvas for paintings. The timber is used for canoes, tool handles, digging sticks and didgeridoos.

A bloodwood, *E. terminalis*, is often host to apple-sized galls which contain edible bug larvae and a thirst-quenching fluid.

The flamboyant orange flowered *E. miniata* also produces giant, ridged gum nuts. It is a calendar tree, indicating, when flowering, that several other plants are ready to harvest. An infusion of inner bark is used to treat diarrhoea and swellings.

### *Ficus racemosa*

Clusterfig, grows by waterholes fringed with pandanus palms and huge paperbarks. The trees may be found by following the delicious scent of the ripe fruit which are good to eat, tasting rather like mealy apples. They are very sustaining. The fruits grow in clusters, straight from the trunk. Aborigines make a rubbing-on medicine from the inner bark to treat diarrhoea.

### *Capparis umbonata*

Wild orange is a relative of the culinary caper. This species has large edible fruit resembling a mango. An infusion of the tannin-rich inner bark is used to treat diarrhoea and sore throats.

### *Buckanania arborescens*

Named the little gooseberry tree by Leichhardt who boiled the unripe fruit to make a pleasant drink and described the ripe fruit as resembling gooseberries.

At Yirrkala, another species, *B. obovata*, is used to treat toothache and as an eye wash.

#### ***Callitris intratropica***

Northern cypress is a graceful, shapely tree, highly regarded for its medicinal properties. A bark infusion is used as a 'rubbing medicine' for diarrhoea, wood ash is rubbed on sore chests, the timber is used for implements and the resin to fasten spear tips and woomera pegs.

#### ***Terminalia ferdinandia***

Billy goat plum is one of several species of this genus with edible fruit. It has large deciduous leaves and red almond-shaped fruit with thin flesh, thought to be the world's richest natural source of vitamin C. It contains more than fifty times as much ascorbic acid as oranges. Aborigines regard the fruit as medicine.

Another species, *T. carpentariae*, produces not only fruit, but also edible gum. It is also used as a pigment binder for bark paintings and cement for woomera pegs; an inner bark preparation will waterproof canoes; the red sap, rubbed on, will rejuvenate tired feet; the timber is used to make fighting and digging sticks.

#### ***Trichodesma zeylandicum***

Cattle bush is an attractive small bush rather like borage, with charming blue flowers. The leaves were used as bush tobacco and a decoction of leaves is a treatment for sores. It also occurs in India where it is used as a diuretic and snakebite cure.

Although not 'Leichhardt plants', the following were of particular interest:

#### ***Avicennia marina***

Grey mangrove is a dense bush or tree that grows on the landward edge of mangrove forests. At Yirrkala it is used to flavour seafood, particularly black-lipped oysters. Ash from the dead wood mixed to a paste with sea water is applied to cuts, sores and burns. At Mil-lingimbi the inner bark is used to relieve the pain of stingray and stonefish stings.

#### **Insect Remedies**

Two unusual cures come from the green tree ant and the bush cockroach. The former are crushed and applied to wounds as an antiseptic first-aid dressing. The whole nest crushed and mixed with water has antiseptic and expectorant properties for coughs and colds. The ants have a pleasant, lemony fla-

avour and may be used to flavour food.

Bush cockroaches are also used as an antiseptic first-aid dressing. The abdomen is squeezed over deep cuts, stonefish and stingray stings and snakebites. It is said to produce instant numbness and to relieve the pain within the hour.

#### **Recommended Reading**

*Bush Medicine: A Pharmacopoeia Of Natural Remedies*, T Low, 1990, Collins/Angus & Robertson, NSW.

*Traditional Bush Medicines: An Aboriginal Pharmacopoeia*, 1988, Greenhouse Publications Vic.

*Bush Food*, J Isaacs, 1987, Weldon Publishing, NSW.

*Bush Medicine*, Yirrkala Community School, 1990, Yirrkala Literature Production Centre, NT.

*Plant Life Of The Great Barrier Reef And Adjacent Islands*, AB & JW Cribb, 1985, University of Qld Press.

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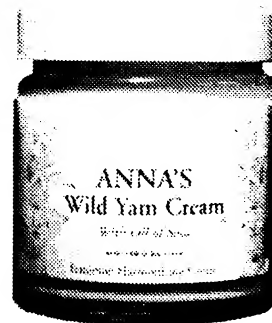
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# HOMEMADE WINE

## PREVENTION OF HAZES

by John Walters, Albany, WA.

The first rule of the game is that prevention is better than cure; it is certainly a lot easier. With this in mind, let us quickly run through the causes of hazes and see what we can do to avoid them.

### CAUSES OF HAZE

#### Pectin

We can prevent these hazes forming if we treat the must with a good quality pectolytic enzyme. Such an enzyme will not take kindly to heat, and will lose its activity fairly quickly if you store it at high temperatures. The refrigerator is much more suitable than a cupboard above the radiator! When you purchase the enzyme, try to get it from a shop that has a regular turnover, and one where the containers of enzyme materials are not stored in the window or on shelves in full sunlight. The good homebrew shop proprietor will make sure he stores his properly.

The other point is that the way in which the enzyme is presented is important; thus liquid suspensions are likely to have a rather shorter shelflife than the enzyme supplied on a powder support. I recommend the Gervin tablets, because they are much richer in the enzyme than the solutions or powders, and have a long shelflife since the enzyme is protected inside the tablet.

#### Gums

The solution here is quite simple. If the fruit has split and exudes gum then do not use it for wine making. Eat it or make jam with it.

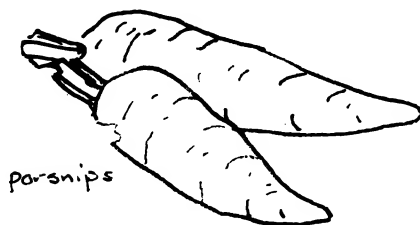
#### Starch

If you restrict your winemaking to fruits and flowers you are most unlikely to come across a starch problem. The only possible source will be underripe fruits. Both grains and root vegetables do contain quite high levels of starch, so take care if you use these ingredients in your winemaking.

With luck you may not get a problem even with grain, since a lot of the starch that you will have added to your must will interact with other substances and

precipitate out. Don't stew up grain, and to be sure, omit grains altogether.

One vegetable that can cause a lot of problems is the parsnip. Reduce chances of getting a starch haze as much as possible by using parsnips that have been exposed to the frost, when the starch will have turned into sugar and very little is left behind to trouble us.



#### Waxes

It is only with the plum family that we seem to have a wax problem that does not resolve itself. I suggest that if you use plums in your winemaking it is best to remove any wax by washing the fruit with hot water (say 60°C). Provided that the plums are not really soggy and broken open, but firm, you can make sure that all the wax is removed by adding a little mild detergent to the wash liquid. Wash away all traces of suds with cold water before you process the fruit further. The detergent treatment may seem drastic, but I can assure readers that it works and that your wine will not end up with a 'soapy' taste, provided that the fruit is whole and given a very thorough final wash.

#### Protein

There is little we can do to prevent protein getting into the wine from the ingredients. The choice of a good quality wine yeast will reduce the amount of protein that is present in the wine. Racking the wine from the lees as soon as the fermentation is over will keep the protein release to a minimum.

The sure way of solving the problem is to add bentonite to the must at the start of the fermentation. If this is done it will 'collect' the protein and carry it down to the bottom of the fermentation vessel. It is important to use a bentonite of wine quality, and to rehydrate it fully

before adding it to the must. The bentonite gives us an added bonus since it provides a surface on which the bubbles of carbon dioxide gas can form, thus preventing gushing and loss of desirable volatile compounds.

#### Pulp

Up until now I have deliberately characterised each of the likely causes of hazes by writing of pectic substances, starch etc, but nature is rather more complicated than this, and the polymeric compounds produced in the ingredients will often be a combination of various chemical substances. These may not always respond to specific treatments. We can restrict the amounts of uncharacterised particles by making sure that we do not reduce our fruits to exceptionally fine particles.

Of course fruit juice manufacturers often go out of their way to give us a cloudy product, and they do this by the process of homogenisation, in which the pulp particles are reduced to a very tiny size. This makes them less likely to settle out of the juice. A cloud stabiliser may then be added to make sure.

In practical terms this means that we should not be too mean and try to get out the last drops of must by giving the press that final turn or the straining bag that last squeeze. It is this last effort to increase juice yield that pushes through the smallest particles.

#### Metallic Casse (clouding)

Avoid using metal containers and don't heat your fruit in aluminium containers. Make sure that any equipment you use doesn't have any rusty iron parts. This means looking carefully at the metal strips that link the wooden slats in the press, and removing any rust from metal presses before using them. If you use cans of fruit or fruit juice concentrate, look out for the badly dented cans and reject them. While they may be all right, there is a possibility that the damage may have cracked the layer of tinplate and exposed the iron underneath.

#### Oxidative Casse

Just take care of the causes, namely too

much air and heat, and keep the fermentation vessel well away from the sunlight. Probably the worst place to put a demijohn is on the top of the boiler which is in direct sunlight. In any case keep the jar out of the sun and do not place it directly on a hot surface. The hot surface will give the yeast a 'hot foot' and may weaken it sufficiently for it to give up the ghost and stop working. If your yeast is a suitable one you do not need to supply a lot of heat to ensure a fast fermentation!

#### **Calcium Tartrate**

If you live in a hard water area, boil the water and let it cool down before using it. Some of the calcium in the water will precipitate out. The calcium bicarbonate that causes the so-called temporary hardness will be converted into insoluble calcium carbonate.

#### **Micro-organisms**

Destroy any unwanted bacteria in the ingredients, if necessary, by washing the fruit well and then using a little sulphite. If you have frozen the fruit and process it by pouring boiling water over it, then the microbial level remaining will not be menacingly high. Provided that you start the fermentation fairly soon with a really active wine yeast, the fermentation will get under way quickly, and the increasing level of alcohol will put paid to any bacteria that remain.

Once the fermentation is over, the wine must be protected at all costs from bacteria attack by adding the appropriate amount of sulphite solution and keeping the wine under lock.

#### **TESTING FOR CAUSES**

Now we will deal with the problem of getting rid of hazes caused by specific substances. When such methods fail, then we have to go for more general methods such as fining and filtering.

It is possible to test for pectic substances, starch, protein, casse and microbial attack, although I suspect that most readers will not wish to bother. I would suggest that they should at least check their wines for starch before they start trying to remove it with a specific enzyme. This is a rare problem and the enzyme is expensive (if you can get it).

#### **Testing for Starch**

Take a white saucer and place on it a few millilitres of the suspect wine. Now add a couple of drops of tincture of iodine solution and stir the mixture. If the wine contains any starch the mixture

will go either deep blue (amylose present) or a red-brown (amylopectin).

#### **Testing for Pectin**

Take about 30 millilitres of the suspect wine and add to it about three or four times its volume of methylated spirits. If the wine is rich in pectin it will be precipitated in strings or curds. Of course this test relies entirely on the assumption that pectin will be insoluble in the added methylated spirits, but that nothing else will come out of solution. In practice this test is far from perfect since other substances may precipitate, and the pectin precipitation is not always convincing. My advice is to assume that the haze problem may be caused by pectin and add the enzyme; if the haze doesn't clear then look for other causes.

#### **Testing for Protein**

This, and the following two tests, are only for the real enthusiast. To check for protein, take 95 millilitres of the wine and add to it five millilitres of cold saturated solution of ammonium sulphate. Keep the wine at a temperature of around 55°C for seven hours and then put it into an ice bath for 15 minutes. If protein is present in troublesome amounts a haze will develop.

#### **Testing for Casse**

Heat a sample of the wine in a pyrex flask for three to four minutes at 85°C, and then cool it under the tap. Half-fill a bottle with this pasteurised wine and cork it loosely. Half-fill a second bottle with unheated wine. Leave both bottles for three to four days. If the casse gets worse in both bottles then the cause is likely to be an iron casse. If it gets worse only in the unheated wine then the cause is enzymatic.

#### **Enzyme Treatments**

Because there is quite a good chance that the haze will be caused by some pectic substance, and because the test is not always conclusive, I recommend treating any hazy wine with pectolytic enzyme in the first instance. But you must use an enzyme preparation that is capable of working under the level of alcohol found in the wine. Thus alcohol de-activates the enzyme, so that you need to add around four times as much to a wine containing 15 percent alcohol as you do to a must. In practice you may find that the less potent bran-supported pectolytic enzyme is not able to carry out its allotted task. The enzyme in the Gervin tablets is said to work even if the

alcohol level is 16-17 percent but no enzyme preparation available to the amateur winemaker can be guaranteed to work in fortified dessert wines.

If the ingredients were likely to have contained starch, then it is possible that the starch has caused the haze. But test the wine first by the iodine method. If starch is the cause then try to obtain the starch-reducing enzyme (amylase) and use according to the instructions provided.

#### **Bentonite for Protein Hazes**

Bentonite will take out most of the protein from the wine. It is a clay and consists of calcium or sodium aluminium silicate, which has a layer structure. If it is to work, the bentonite must completely take up all the water it needs to separate the layers in the clay. Then the proteins can move into the structure between the layers and are accordingly removed from the wine. I cannot emphasise enough that the bentonite must be given enough time to absorb all the water it needs before it is added to the wine.

If you are lucky, you may be able to get a specially prepared granular bentonite, specially prepared that is for the wine industry. The granules break down almost immediately in water. If the resultant slurry is stirred vigorously and then allowed to stand for 30 minutes it will do a splendid job.

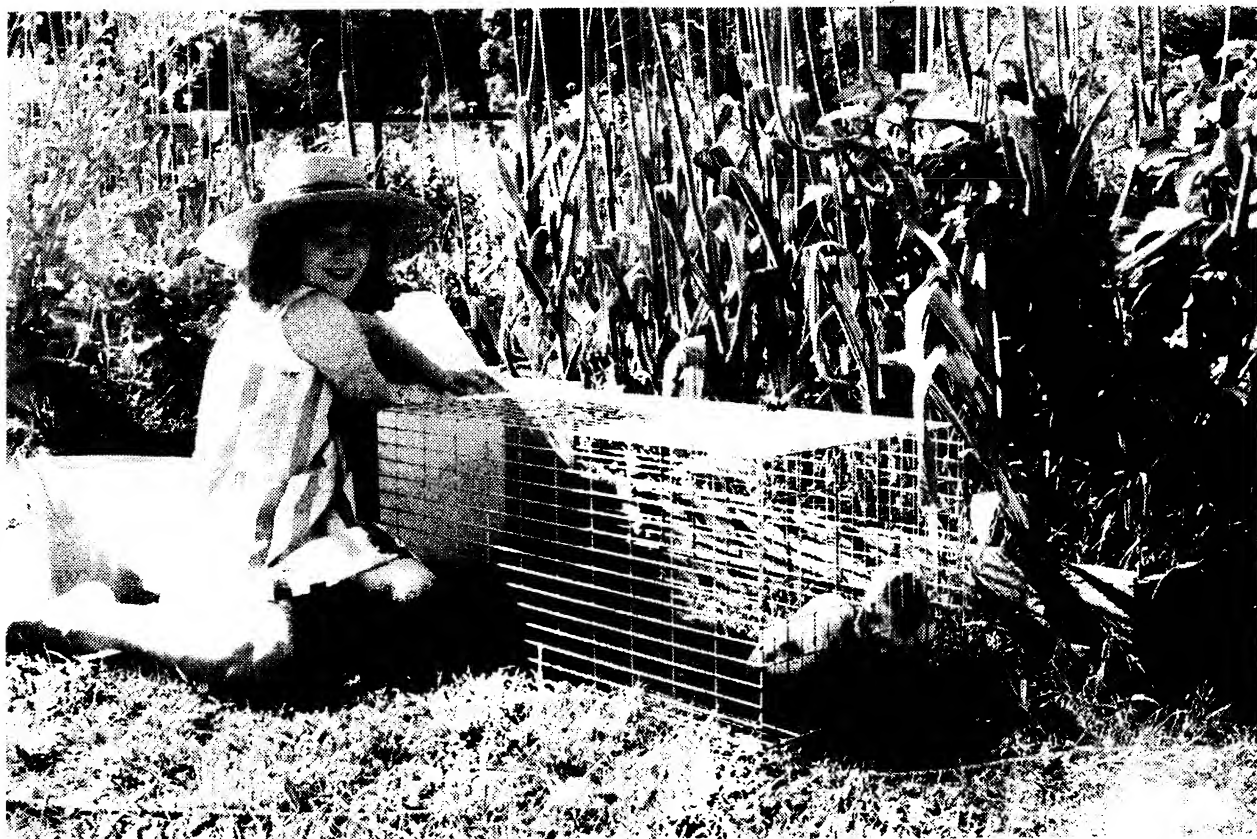
If you can obtain only the powdered bentonite, then you will find the business of hydrating it quite tedious, because it is likely to form large sticky lumps that are rather difficult to break up. Some winemakers like to use a blender or kitchen whisk for this purpose; an alternative method is as follows:

Take a clean bottle and partly fill it with water. Place a funnel in the neck of the bottle and pour through it a little of the bentonite powder. Now remove the funnel, cork the bottle and shake it vigorously until the lumps have gone. Now repeat the process, adding the bentonite in small amounts, dispersing it by shaking after each addition. Finally, leave the bentonite slurry for at least a day before you use it.

John Walters is the author of *Cheers!! Home Made Wines and Home Brewed Beers* reviewed in GR117 and available for \$18.50 incl p&p. He can also supply yeast, etc. Any queries can be addressed to: J Walters, 6 McLeod St, ALBANY 6330. An SAE will get an immediate reply.

# GUINEA PIGS IN THE ORGANIC GARDEN

by Patricia Lee, East Kangaloon, NSW.



Ionie in the garden tending her guinea pigs.

When my daughter, Ionie, wanted a pet we had to think long and hard because we only wanted productive animals on our small farm. We already had sheep, goats, chickens and ducks, but none were pets in the usual sense. Why did we choose guinea pigs? Well they seemed small and cheap and they had that cuddle appeal that is so important to children. Little did we know at the time that they would turn out to be more useful than we had first thought.

After saving up, we set off to the pet store. I already knew that the cage would be the most expensive item, about \$40 to \$60 for a steel mesh cage with a covered living compartment. The guinea pigs themselves were the cheapest item, only \$4 each. We were persuaded to buy a drinker too, which cost \$9, but

we found later that ceramic pet food bowls were more suitable. Much love and attention were showered on our two female guinea pigs, Cindy and Charissa, as they munched happily away at the grass in their new, shiny home.

The pet shop owner had warned us that female guinea pigs could already be pregnant when bought. Sure enough, Charissa became increasingly fat and before long we had four guinea pigs. Pregnancy lasts from 59 to 72 days. The newborn babies are miniature adults, born fully haired and with their eyes open. As well as suckling from their mothers they eat adult food when only a few days old.

Ionie was overjoyed, while I rushed to a reference book to determine the babies' sexes. The book described the

external sexual features of the two sexes but, and this is a mistake you should only make once, I mixed up the differences. To avoid this refer to a diagram and check the babies at daily intervals to make sure. They can be weaned at twenty-one days old and, if you don't want inbreeding, separate the sexes before they are sexually mature which occurs at five to six weeks old. Peter Roach, in his book on pet care, suggests not mating the females before they are six months old to give mother and babies a better chance.

As I said, it is a mistake to make only once. Before long both Cindy and Charissa had given birth to three more babies each. I now know why guinea pigs don't cost much. Ionie sold some to her friends and we bought another cage,

having temporarily housed the males in a hen enclosure.

I recommend the galvanised mesh cage for a number of reasons: it keeps out all predators and we have had cat, fox and dog menaces about with no guinea pig losses; it is light enough for a child to move; in our heavy rainfall climate it does not rot or warp as would a wooden cage; it can be cleaned and disinfected without damage. Some guard, such as cardboard or reinforced plastic, may be temporarily needed around the bottom edge of the cage when guinea pigs are newborn as they can get through the mesh.

So how did our guinea pigs become useful pets? Well, we have a no-dig garden based on Esther Deans' methods. The individual beds are constructed out of fence palings, measure 1.1 by 2 metres and are 20 cm high. The frame is placed on the ground. The inside is covered with newspapers and filled with compost or grass clippings or straw from the chook house and finally a layer of fine compost or garden soil to plant seedlings or seeds in. Potatoes will tolerate a bed made entirely of coarse material, provided you keep mulching them to prevent the potatoes going green. The

guinea pig cages are positioned around the edges and between these beds so that no maintenance with the whipper snipper is required. They munch through the grass very quickly and sometimes have to be moved twice a day. But this is a matter of moments compared to using mechanical devices to cut the grass. They also produce, through the week, a thick layer of manure and urine soaked newspaper that goes straight around plants as a mulch or into the compost heap to rot down. If the cages are placed on the beds after a crop has been harvested the guinea pigs quickly eat through the weeds and grasses. We have found that they are better than chook tractors for this, as our chooks, who have a luxurious free range, resent being cooped up in a small cage. We are, at present, developing a movable cage that covers an entire garden bed to allow the guinea pigs to do a more thorough job.

Wherever you have an awkward grass problem such as around a group of fenced off trees, the guinea pigs can tackle this for you, as long as you move them regularly.

Here are some further points on guinea pig care. Clean their bedding out weekly and replace with a thick layer of newspaper and grass clippings or straw. Check that they have fresh water daily. Move their cage daily onto fresh grass or weeds. Feed can be supplemented for variety with sunflower seeds, fresh vegetables, other weeds from the garden, or proprietary guinea pig or rabbit food.

As we live in the highlands where winters are very cold and sometimes wet, the guinea pigs spend a sabbatical of a few months in straw-lined cages in the shed during this time. We lost one guinea pig from extreme weather conditions, so after that we moved them to the shed for winter. In a warmer climate a

waterproof cover over the cage should suffice in bad weather.

It is not fair to keep guinea pigs shut up with miserable wet bedding. Ionia takes them all out every two months or so, gives them a warm bath and dries them off in the sun. I don't know if this is really necessary but is probably a good idea if they are handled by young children. As to sickness, prevention is best guaranteed by giving the guinea pigs access to fresh green feed daily which keeps their fur shiny and healthy and themselves happy.

So if you have an organic garden guinea pigs can be your weeders, munchers and fertilisers as well as providing you or your kids with a cuddly bundle to pet!

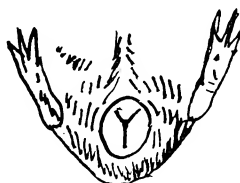
#### References

*The Complete Book of Pet Care*, Peter Roach (Sydney, 1983), Landsdowne Press. Very detailed on the care and diseases of a wide range of domestic and farm animals.  
*Guinea Pigs*, Mark Evans (Sydney, 1992), Angus & Robertson. In the 'How To Look After Your Pet' series, with simple point-by-point text designed for children.

#### Guinea Pig Identification



male guinea pig



female guinea pig



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# KEEPING GEESE? MAKE AN EIDERDOWN

by Liz Palmer, Nimbin, NSW.

I remember Granny's eiderdown as an enormous, almost living thing that made the magic of warmth. It was soft, cuddly and light. With it I could float with the clouds or burrow into bunny tunnels. So when, as an adult, I made the acquaintance of poultry and started plucking my own geese, making an eiderdown was a high priority.

Each time I despatched and plucked a bird, I saved the down (in large cloth drawstring bags) and soon had a decent quantity. It is amazing how much down comes off a water bird; think of it as enough material for a down vest the size of the bird.

Removing the down, though, is not as simple as taking off a vest. First, pluck out all the feathers, then pull out the down straight into your waiting bag. The smallest breeze can turn a pile of down into a dispersing cloud! Plucking by scalding (dipping into very hot soapy water) is quicker, but I find dry plucking more satisfying as the down comes off in a beautiful fluff instead of as limp scraggles.

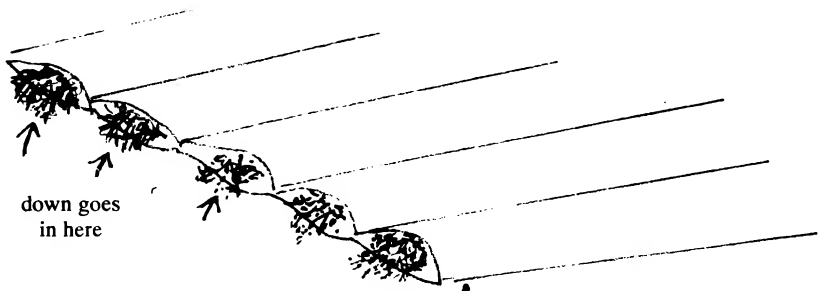
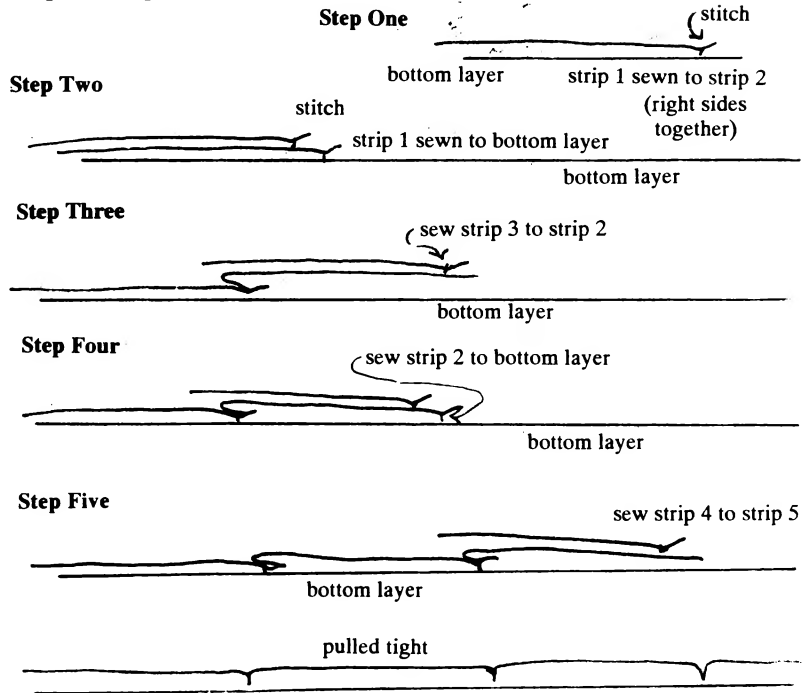
To turn this mass of fluff into an eiderdown a cover is needed. If you simply sew two sheets of cloth together into a big bag, the down falls off to the sides during the night, Brrrr! If you join the top and bottom with stitching, the warmth escapes through these thin spots.

## PROCEDURE

Down products are boxed, so that warm air does not escape through stitching, and the down can fluff out nicely, trapping the maximum air. The problem is to create adjoining boxes with walls between them. It can be done by sewing narrow strips between two sheets of cloth, but this is fiddly. Here's how I box mine.

I begin with one piece of cloth the size of my prospective eiderdown. This will end up on top, but while sewing it will be the bottom layer. For the top layer I cut strips, each approximately 250 millimetres wide, the same length

## Sewing The Strips



as the top of the eiderdown. Each strip forms both the wall of the box and its floor. These are stitched together as follows.

## SEWING

- Step one: Sew strip two to strip one with an overlap of from 30 to 50 mm. This overlap determines the depth of the boxes, how much down you'll need to fill them and how warm the eiderdown will be. Overlaps of 50 millimetre width will make a really warm eiderdown, suitable for use in a Tasmanian (or European) winter.

- Step two: Sew strip one onto bottom layer (see diagram).
- Step three: Sew strip three on to strip two.
- Step four: sew strip two on to bottom layer.

At each step sew the next strip on before joining to bottom layer.

It's simple really, but took me a long time to perfect. Continue in this manner across your eiderdown. Then fold over and hem three sides (a wide bias binding is good here), leaving one side open for stuffing.

## STUFFING

Choose a calm day: no wind, no pressing appointments, no toddlers about to demand your attention. You need peace! Stuff in the down a fistful at a time and close up the opening with pins immediately.

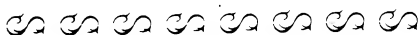
How much down? Imagine each piece of down fully fluffed and just touching its neighbour. Don't crowd; it's the air that makes warmth, but don't scrimp either. Fresh down will hold up the weight of the cloth so that the eiderdown looks invitingly plump. Don't hurry this part. Take time to adjust each pocket so that the whole is even. Besides, this is the last time you will see your precious down!

Stitch firmly across all openings.

## CARE

An eiderdown can have a cover to protect it from dirt. For sewers, this is a good opportunity to incorporate that hoard of fabric scraps into a patchwork design. However, I have an eiderdown that has survived three babies and ten years without a cover. Its secret is dirt-concealing batik material.

A good airing on a hot or windy day is all that is necessary to clean an eiderdown. The whiff of first frosts is all that is necessary to enjoy one!



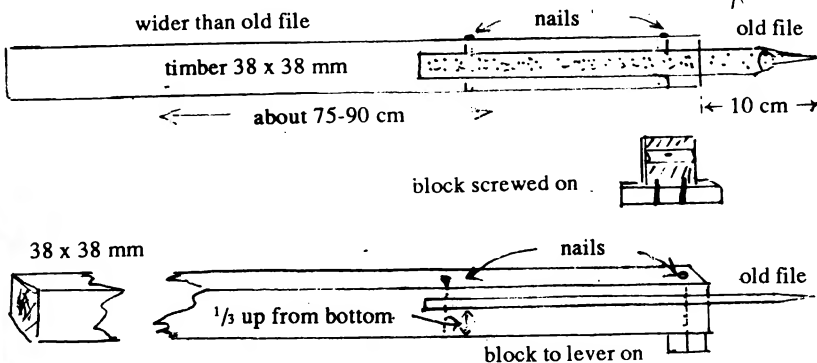
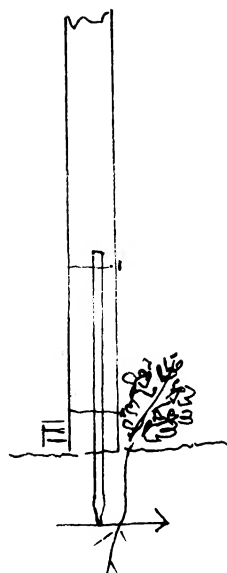
## SIMPLE SOAP

Shred one kilogram of pure yellow soap (you could also use those soap ends you've been saving). Place into a double boiler and melt over gentle heat. Add half a cup of olive oil, 1/4 to 1/2 cup glycerine, and fragrant oil of your choice. Add honey, oatmeal, or colouring if desired. Stir well and pour into a mould to set. Can be used immediately.

# PATERSON'S CURSE REMOVER

By Bob Gibson, Woomargama, NSW.

There are many alternatives to the ubiquitous chemicals so widely recommended by departments of agriculture and landcare groups when it comes to control of Paterson's curse. The method(s) used will depend on the particular circumstances and for many smallholders manual removal is appropriate. This doesn't need to mean back ache and sore knees are inevitable. I have cleared central Woomargama and my own half-acre with this homemade device. It does give you some exercise, but doesn't break your back. See the article *Goodbye Blue Hills*, in GR 102 for more ideas on controlling the curse.



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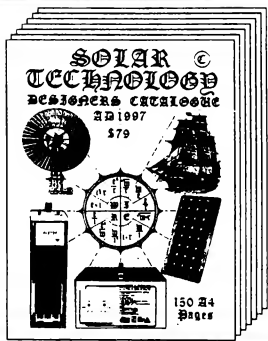
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# THE WONDERS OF WOOD ASH

by Judith James, Pearce, ACT.



Winter, wood fires and wood ash. Whereas there's nothing more wonderful than the feeling of wellbeing when the first wisp of smoke fills the autumn air with that delicious fragrance of gum wood, or in our case, cherry wood from the old orchard, what does one do with all the wood ash once the winter fires start burning day and night?

Whatever you do, don't waste it. Why? Well we all know that a wide range of trace elements is necessary for strong, healthy plant growth. There are some 16 in all, but the three main elements are nitrogen (N), phosphate (P) and potassium (potash, K). Nitrogen promotes plant growth. Phosphate helps to stimulate flower and seed production and a good root system. And potassium (potash) gives increased plant vigour which in turn helps plants survive adverse conditions and disease. And this is where wood fire ash comes in.

The term potash or pearl ash (potassium carbonate to be exact) is the white solid obtained from the ash of wood or other burned plant material. It is a vital constituent of fertile soil and gives increased plant vigour and helps promote disease resistance. It has been estimated that wood ash, depending on the material burned, contains up to five percent potassium, a small amount of phosphorus and a large amount of lime. This is why, if thrown in a heap, it will form a chalky mass.

Our forebears knew that wood fire

ash returned to the soil would increase its fertility and it has been used for hundreds of years in the vegetable garden and the orchard, helping to replace valuable nutrients inevitably lost in the cropping process.

## USES FOR WOOD ASH

It can be dug into the soil, scattered finely on top of the soil, used as a fine powder, made into a paste, sprinkled through the compost heap or mixed in with manures. Animal manure and wood ash makes an ideal substitute for a fertiliser. The leaching of the wood ash gives potash for good growth and the lime will help correct soil acidity. Earthworms, loving a sweet soil, will be encouraged and further enrich the earth.

Try sprinkling wood ash around the fruit trees in the orchard. This provides the potassium needed by all fruit trees, especially apples and pears and many of the berry fruits.

If the compost heap has gone sour add a bucketful of wood ash mixed through the compost to help sweeten the soil and encourage worms. If you own a worm farm, scatter a handful of wood ash on the surface.

If you still have a surplus, you could check out some of these ideas dating back to our early colonial days. Barren fruit trees, it was written, are constantly met with in almost every orchard and although the reasons for their lack of productivity are often a mystery, some-

times it may be the want of potash in the soil. A good plan is to apply ashes to the roots, opening up the ground and digging in two or three barrow loads of wood ashes and also to spread them liberally on the surface.

To take smut off orange trees, make a wash of wood ash and water thick enough to stick to the leaves and branches. This will dry on, but the first shower of rain will wash it off and take the smut with it. Throw wood ash onto pear and cherry trees when the slugs are at their worst and over cabbages to deter chewing pests. If the beetle or bug is present, sift some fine ash or soot over the plant.

An unusual idea was to mix wood ashes with salt when growing potatoes to keep the ground moist without rotting the tubers. Modern knowledge, however, indicates that potatoes, preferring slight acidity, do not respond well to wood ash and that salt and soil are not happy partners.

And finally, ash spread on top of live coals in the fireplace or wood stove helps to keep them alive overnight. In the morning simply stir the coals, add some dry kindling, blow gently, and in theory you should have a fire going in no time at all.

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# ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

## MOWING ATTACHMENT FOR WEED TRIMMERS

Handmade by a small manufacturing company in Sydney the Mee-nee Mo is an attachment to transform weed trimmers and brushcutters into lightweight lawnmowers. It has a lightweight steel frame on three caster wheels and is supplied with a clamp that attaches to the weed trimmer shaft.

Two variations are available – one to fit a straight shaft weed trimmer and one to fit a curved shaft. The Mee-nee MO also provides support and safety to weed trimmers – the lifting involved with standard trimmers can cause injury to the user. However there is a 'quick release' lever if you wish to use the trimmer without the attachment. This product comes with a 12 month guarantee and the price for the Mee-nee MO is \$120 plus \$14 p&p Australia wide. Also available is an Edger attachment – an extra attachment to the Mee-nee Mo Attachment.

**Contact:** Scoop Machine Hire Pty Ltd, 97 Woorarra Ave, Elanora Heights 2101. Ph/fax: 02-9970-6006.

## EARTH-FRIENDLY TIMBER VENEERS

Enviroven is reconstructed wood veneer which provides decorative timber effects without using precious natural resources. It is produced from plantation-grown poplar and emulates the grains and colours of a wide range of exotic and native timbers. The Enviroven veneer leaves are available as 'Navcord' when they have a backing of phenolic kraft papers (enabling the use of contact adhesives for application), and as 'Navlam' when the veneer surface has been treated with a melamine resin surface. A raw veneer edging in 22mm wide pre-glued form is also available.

**Contact:** New Age Veneers Pty Ltd, 8 Bancell St, Campbellfield 3061. Ph:03-9987-4033.

## POWER AND ENERGY METERS

The EMU1 Power meter can be simply plugged into a socket with your heater, washing machine or any appliance you want to monitor. It will measure voltage, current and power and it can calculate energy use and energy costs. This simple device is particularly recommended for education purposes and for working out the requirements of alternative power. There are three models available each with a different range of variables. Recommended retail price for the standard model is \$369 plus \$10 p&p and the two more advanced models are \$520 each plus \$10 p&p.

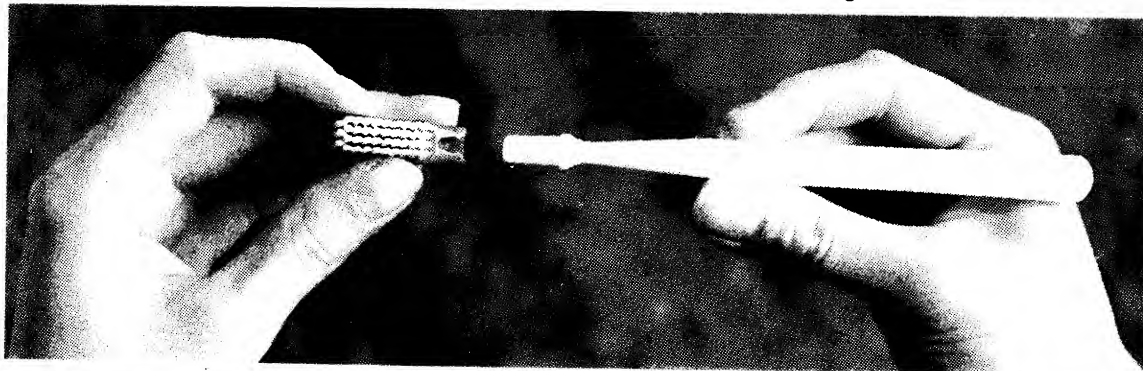
**Contact:** Andrew Millhouse, 11 Adkinson Cl, Isaacs ACT 2607. Ph/fax: 06-290-2828.



## CLEAN TEETH, CLEANER WORLD

EcoDent is a range of natural oral care products designed to be more effective, more environmentally friendly and more economical than conventional oral hygiene products. There are four products currently in the range: replaceable head toothbrushes, natural toothpowder, natural dental floss and a stainless steel tongue cleaner.

The replaceable head toothbrush concept means less throw away waste and reduced costs for users. The handles are designed to last for more than ten years and the replacement heads are made of either natural or nylon bristles. The toothpowders are a concentrated mixture of baking soda, salts and essential oils which are sugar and fluoride free but still help harden tooth enamel. Available in four flavours and packaged in refillable bottles, the powders are more economical than tubes of toothpaste. EcoDent dental floss is coated with essential oils, bayberry wax instead of beeswax and is more economical. The tongue cleaner is made of durable stainless steel and reduces plaque formation and hence cavity formation. Available from health food stores and pharmacies or by mail order. The company is also offering the toothbrushes as a fundraising product to schools and community groups.



**Contact:**  
Nick Savaidis,  
Environmentally Sound Products  
Ph: 1300-555-258.



## DOWN HOME ON THE FARM by Megg Miller.

Farm livestock may be productive and rewarding to keep but they can also be very irritating and perverse. With the menagerie here I'm bound to feel frustrated at times, poultry in particular being exasperating creatures. But what has been the cause of recent constentation is another species altogether—sheep. Two of the neighbour's flock have investigated the grass on the other side of the fence and found it indeed greener. They don't want to go home! So determined are they to stay that they have become as cunning as goats in their efforts to avoid detection.

It was weeks before these trespassers were actually sighted. I had been perplexed by the appearance of hoof prints in the soft mud and the occasional trail of telltale droppings. At the same time the shrubs around the place took on a neat, almost clipped appearance. The geese? The greedy eating back of struggling marguerite daisies, growing well out of the reach of zealous beaks, pointed to the presence of another predator. And so the two ewes were discovered. What amazes me is their willingness to go through gateways into pokey fowl yards and to enter dark hen houses. Sheep have always displayed great reticence to enter yards and lanes whenever I've been chasing them, but these two make a mockery of such assumptions. In fact the boundary fence has had to be straightened and netting placed over small gaps between gates and fence posts.

Despite recent rain there is little feed in the surrounding paddocks, the weather break coming too late to produce good growth. And with the bitter cold the district has been enduring stock are hungry. No doubt my two visitors think they have found heaven. They are certainly opportunists; while chasing them a few days ago I noticed one stop and grab a large mouthful of pellets from the chooks before going out the gate. If I don't actually see them out the back gate they slip around the other side of the office and can soon be found contentedly grazing in the front paddock. Unfortunately the gates need to be left ajar at night so the dog can perform her guarding duties and the wily sheep have taken advantage of this. I could turn a blind eye to their trespassing if they

were not destructive to the shrubs and bushes. But as well, they are bagging up in readiness for lambing and two could soon be four. There is enough to do here now without taking on more critters to care for.

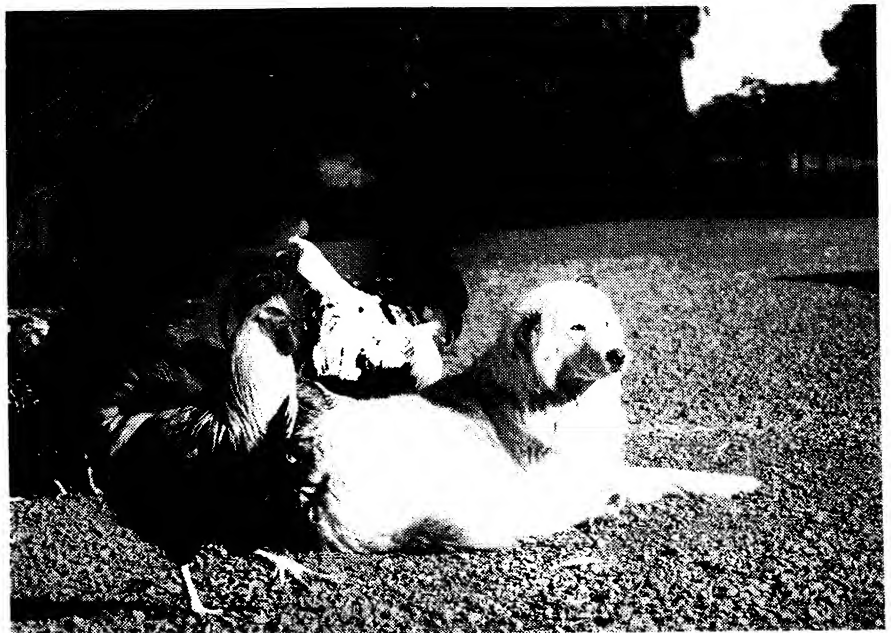
For the smallholder with inadequate facilities sheep are a real pain. I still have Merle, the pet sheep from years ago, plus her companion, and although their requirements are minimal, when something goes wrong it is always during a busy period. I make a practice of handfeeding them whenever I do the poultry so they remain tractable, however extra people have to be found whenever catching is necessary. Merle, poor creature, appears to be genetically vulnerable to fly strike, succumbing several times each summer, despite crutching. She has even been struck on the back on several occasions after summer showers. Luckily her companion, Merlette, has natural resistance. There is nothing worse than being confronted with nature at its most vicious, having to manually remove maggots and treat the site so no further multiplication can occur.

Old age has caught up with Merle, together with a fence that separates her from the trees and poultry yard. In her youth she was responsible for breaking most of the doors on the turkey sheds. She would force her way in and allow

the regular occupants out. It was not uncommon to find a few huddled birds outside their door at night when I was doing the final check. Other times she would trip the wheelbarrow of grain over as I was feeding or run through flocks of eating birds, scattering and even occasionally injuring them. I'm reminded why I don't want any more sheep around the place!

You may wonder what the guard dog is doing, surely she should be evicting strange livestock from the property? I would have thought so too and when she was younger and more energetic she would have been more possessive. There was a time when she became apoplectic if different coloured cattle appeared in the paddocks opposite or the sheep behind grazed too close to her boundary fence. She may have mellowed, or the nightly fox problem become more demanding now that rabbits are scarce. She is certainly noisier during the wee hours and so is too tired come day to care about a couple of silly sheep. I can't praise her efforts too highly, there has been no evidence of fox activity around the birds and the neighbour recently commented on low losses amongst the recent lamb drop. No wonder the dog is tired out.

Because the early months of winter are dry here – frosty nights and sunny



Maria on duty with some of her charges.

days – it's the perfect time for tidying up the shrubs and little gardens that are scattered around the holding. Maintaining the trees along the drive, the fruit trees and the clumps of daisy bushes that are dotted in front of poultry sheds is hard work in summer, hence my hostility to the sheep on their forays. There are always a few shrubs that have died, so replacements need to be planted. Others may require restaking or need to have weeds removed. Everything planted outside the home garden has had to be wired off, at least until the plant is well established, otherwise it may be scratched out by fowls or set upon by geese. I enthusiastically plant excess forget-me-nots or calendula around the base of wired-off shrubs and by September these are a delight to gaze upon. What I'd really like would be a driveway dotted with clumps of agapanthus or even spring bulbs, but this wouldn't be practical with the geese. I have to restrict myself to gazing upon photos of cottage gardens in books and sighing longingly.

There is room in the house garden for a few bulbs but I find they do best if contained in pots. Years ago I brought back lots of cut off tins of bulbs from my parents' garden and just pushed them together out of the way until there was time to tackle them. With the exception of a few pots, this inheritance is still massed together and they burst forth each year to present the most diverse array of colourful bulbs. I still don't know the names of half of these old favourites. There are also some violets that I took from my parents' garden and which I'm sure were once my grandmother's, these too are treasures not just for sentimental reasons but because they are so strongly perfumed. Now that Suni has developed green fingers it might be time to share some with her. They would make a lovely addition to

her balcony garden.

She rang a couple of weeks ago, bemoaning a creature that was eating the leaves of her tarragon. 'What is it?' she demanded. Heavens, I was elbow deep in tax paper and could only just find the phone, let alone make the mental adjustment to herbs and their enemies. A consultation with Mary elicited a useful organic spray and I called in with details and to allay fears about the rest of the garden.

Before I left Suni's place one night recently she asked a special favour. She placed a grotty old pillow in my hands and asked me to 'make it new'. It was a compressed rubber pillow that was years old and had begun to disintegrate with age. 'Please Megg, it's my favourite, you must be able to do something.' As I left to walk back to my car through inner city streets she called out after me, 'If you get attacked put the pillow down and then hit them. Don't use my pillow!'. So how am I to breathe life into perished rubber? It is flattering I'm still regarded as having all-powerful qualities. Over the years I've mended dolls and toys, patched and hemmed and even fished a ring out of the toilet bowl for her, but this time I may have met my match. I'm tempted to buy a new pillow or even a piece of foam and just cover it with the old stained satin pillow case, but I'm sure she would detect the different feel. I've offered a nice soft new one I had, but even the idea was unacceptable. Luckily I'm close to a number of towns, I can see Saturday mornings being spent searching op shops for the perfect substitute. If that fails there is just one other option. The Grassifieds! Be prepared to examine the pillows in the spare room, those pushed away at the back of the linen press and even those relegated to the cat. You will know I'm desperate if there's an advert in the 'wanted' column next issue.

## PENPALS

Hi, I'm 41, love music, gardening, crosswords, TV, craft and of course my cats.

**Vicki Payne,**

**36 George St, KALBAR 4309.**

G'day! My name is Kacee Clarke. I'm a 15, almost 16 year old female and I really love animals. At the moment I'm in year 11 and I'm studying to hopefully become a veterinary nurse. I live in Tasmania in a small country town called Riana. I really love writing letters and making new friends so why don't you put pen to paper and write me a letter! I would really love to hear from you.

**Kacee Clarke,**

**C/- PO Box 242, EUROA 3666.**

I am a 49 year old-young Cancerian 'granny' who is suddenly all alone as my family have grown up. I am divorced and I love gardening, flowers, sunsets, nature, environment, seasons, oceans, mountains, frost, wood fires, honesty, happiness, animals, music, writing letters, gentle people, natural people, intelligent conversations, rain, winter, funny people, humour, madness, moonlight, cooking and lost more. I would love to hear from anyone who can relate to some, or all, of the above.

**'Lonely Crab Ocean Shell',**

**C/- PO Box 242, EUROA 3666.**



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*The OHGA office: 1/68 Magellan Street, Lismore  
Our E-mail address: herbs@om.com.au*

*Grassword continued from page 48.*



One of the opportunists caught checking out the gate.

# CODEx CONSEQUENCES

from material by John Lesso and John Hammell.

Sweeping measures in Canada are placing many dietary supplements on a banned or highly regulated list. Some of the banned products (though the list is lengthy) include such widely used supplements as eyebright, golden seal and gotu kola. These measures are part of an international move to harmonise laws regarding dietary supplements. This ongoing process has become known as Codex. Latest information indicates that the Codex Commission deadline for voting on a German-initiated proposal which would result in tight international laws controlling health supplements is September 1998. It would create an intolerable regulatory climate very similar to that existing in Norway where the health food industry is in the process of being literally taken over by drug companies.

Australia is exempted from having to vote, but has the option to vote, on the Codex proposal and it is believed that it poses no current risk here. We are reassured by health officials that the situation in Australia is more secure than most nations, because of the Therapeutic Goods Administration (TGA) classifying these substances as 'therapeutic goods' rather than 'foods'. Unfortunately, many of Australia's major alternative health organisations are following the government's line and are telling the public not to be concerned. However this optimism is not shared by all their overseas counterparts:

John Hammell a prominent and knowledgeable opponent of Codex, suspects that even though the TGA exempts Australia from the Codex proposal it may still put us directly under the WHO which will eventually be drafting guidelines pertaining to supplements which are regulated as 'therapeutic goods'. And we may well have less protection this way than if our supplements were regulated as foods. Hammell has spent a lot of time at the World Health Organisation Library in Washington DC doing research about Codex, and what he found was that every large pharmaceutical company has had extensive input into WHO decision-making

on regulatory issues pertaining to drugs. He warns that through the WHO the drug corporations will no doubt devise alternative schemes for controlling products labelled as 'therapeutic goods' and he urges Australians not to be complacent. Hammell and his legal team are investigating the full impact that Codex would have on countries such as Australia.

But surely, Australians should not take the attitude that because 'it won't affect us, who cares about the rest of the world'? It's most disappointing that Australia's natural health organisations refuse to back their overseas counterparts, who desperately need help. Unfortunately, we cannot rely on the goodwill of our government for support, as it's obvious to knowledgeable campaigners that governments generally favour the interests of industry and finance ahead of those of their constituents. Only pressure will make our government send a delegate to Bonn to vote against the German proposal. As Australia's larger health groups cannot be relied upon, public support is needed.

If luck is on our side and Australia does not become *directly* affected by Codex – what about imports? Wouldn't supplements imported from countries affected by Codex be difficult to obtain here? Health officials assure us that this would not be the case, because according to them, imported substances would not be classified as that of the country of origin, but would come under the classification as that set by our country's Therapeutic Goods Administration. That is, when importing, our TGA would override any regulatory legislation set by Codex. But Hammell dismisses their assurances as nonsense:

'You say that TGA would override any regulatory legislation set by Codex, but what about Australia's ability to access raw materials for supplement production, and what about its ability to import supplements when huge numbers of companies are driven out of business worldwide, forcing Australians to import these products as drugs? Wouldn't the price go up? Wouldn't







availability of a lot of products be significantly diminished? Let's say Codex drives a lot of vitamin companies out of business all over the world (which it will if the German proposal becomes the Codex standard). Let's say a company in Australia wanted to import some herbs for production purposes. Herbs don't have RDAs. If the German proposal went through, these products couldn't be sold as dietary supplements which would drive a lot of companies out of business. This would impact on raw material suppliers because the shrinking market would force prices up, and citizens would have to pay those higher prices in Australia too, regardless of what sort of regulatory process you have because your country is tied into a world market. Wouldn't it make sense for Australia to oppose the German proposal on that basis alone?'

Much of the material above is from a CAFMR (Campaign Against Fraudulent Medical Research) Newsletter, Vol 3, No1, Spring '96. Subscription within Australia is \$18 per year. Contact John Lesso, CAFMR, PO Box 234, Lawson 2783.

To obtain more information about Codex contact John Lesso.

Australians wishing to help in the anti-Codex campaign can contact the Federal Minister for Health, shadow ministers and local MPs. Or, Mr Digby Gascoine, Director, Food Inspection Division, Australian Quarantine and Inspection Service, GPO Box 858, Canberra 2601.

New Zealanders, as well as contacting the relevant politicians, can contact: Codex Officer, MAF Policy, Ministry of Agriculture and Fisheries, PO Box 2526, Wellington.

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# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

## ★ FEATURE TITLE ★

### THE VIBRANT VEGETARIAN – Vikki Leng.

Written by a well known vegetarian specialist, 'Vikki the Vego', this very bright and colorful cookbook aims to inspire people to cook healthy and delicious food and enjoy doing it even if they live very busy lives. The recipes are arranged according to their main ingredient and the chapters focus around vegetables, fruit, bread & cereals, legumes

& nuts, tofu & soy foods and dairy foods. The recipes range from simple, familiar fare to new and exciting concoctions and there are many helpful tips and reminders on how to save time and energy when making meals (pre-preparation, freezing etc).

P/b, 188pp, Harper Collins.  
Ph:02-9952-5000. RRP\$19.95.



### STOP AGEING NOW – Jean Carper.

Not surprisingly this book has been a bestseller in America. It is an information-packed discourse on how to stay young and healthy. The bulk of the book examines the wide range of dietary strategies – supplements, herbs and foods – that are thought to contribute to health and the reversal of aging. It also addresses the substances that rob you of health and youth and suggests some remedies for indications of ageing and ill-health. A comprehensive reference section is included at the end of the book. This book is for anyone wanting a thorough summary of up-to-date theories on anti-ageing and health dietary strategies.

P/b, 354pp. Harper Collins. Ph: 02-9952-5000. RRP \$14.95.

### NURTURING SPIRITUALITY IN CHILDREN – Peggy J Jenkins.

Without the guidance provided by formal religions, it can be difficult for parents to know how to begin introducing spiritual concepts to their children. Dr Jenkins' book presents 50 universal spiritual principles with corresponding lessons and affirmations. The principles are simple laws such as 'we are a visible form of spirit' and 'change is needed for growth'. The lessons are concrete visual aids and analogies to symbolise and help children understand the abstract concepts. The author suggests that parents spend ten minutes each day going through a lesson and that they pick and choose lessons according to the child's needs and interests. The ultimate aim in teaching children the concepts in this book is to bring them the gifts of peace, confidence and joy, which will enable them to weather the storms of life. This book provides a really helpful structure to explore meaningful concepts with children.

P/b, 136pp. Hodder Headline. Ph: 02-638-5299. RRP \$16.95.

### WINE FROM 100 VINES – John Dixon.

This book has been written from the experience of developing a small private vineyard in central Victoria, and though it may have a more general application, more detailed information would need to be sought. Details of how to select and prepare the vineyard site and the management of the vines, is followed by a description of winemaking, particularly suited both to those wanting to produce wine of a high quality but who have no particular training or experience in chemistry, and to those not wanting to make measurements of a chemical nature in wine production. There is also a useful directory of Australian equipment and materials suppliers.

P/b, 50pp, Agmedia. Ph:1800-800-755. RRP \$18.95.

### CHOOKWISE: A Self-Sufficiency Guide to The Management Of The Domestic Hen – Linda Marold.

A sensible straight-forward guide to chook care for beginners. Covers feeding, housing, problems and breeding. Written for Australian conditions. A handy book for permaculturalists.

P/b, 70pp. L Marold, Box 54, Castlemaine 3451. \$12 (inc p&p).

### DIRECTIONS – The directory of holistic health & creative living for NSW, ACT, Qld.

This is the second edition of this resource book and it covers over 2000 practitioners, products and services available in Queensland, New South Wales and the ACT.

P/b, Fiona Toy, PO Box 937, Rozelle 2039. RRP \$9.95.

### AUSTRALIA'S SOUTHERN SHORES – Harry Breidahl.

The marine life found in the tropical northern parts of Australia is frequently celebrated but the author of this resource book is a naturalist who exudes enthusiasm for the marine life unique to Australia's temperate southern shores. From southern NSW, Victoria, Tasmania & South Australia to south-western Western Australia, 95 percent of the animal marine life is found nowhere else in Australia or the world. The book includes over 300 illustrations and colour field guides to help you identify the unique and diverse plants and animals that can be found on these shores. It is divided into seasonal sections and includes information about beachcombing, tides, seashore safety, wildlife watching, conservation codes and Marine Protected Areas. The glossy photographs entice the reader to go exploring!

P/b, 159pp. Lothian Books. Ph:03-9645-1544. RRP \$24.95.

### RELATIONSHIPS: A Parents Guide – The Scout Association of Australia.

The aim of this booklet is to assist parents to establish better relationships with their children by suggesting ways to improve communication and negotiation, resolve conflict, deal with feelings such as anger, and raise individual self-esteem. It discusses these things in an easy-to-understand way and provides practical suggestions. Produced by the Scout Association in conjunction with the Kids Help Line and Parentline, this useful guide is available free to anyone interested in having a copy. The Association has also produced booklets addressing child abuse protection, drug abuse prevention, youth unemployment and the prevention of youth suicide.

P/b, 40pp. Free copy by calling 03-9349-2500 or 1800-640-454.  
PO Box 190, Carlton South, Vic 3053.

### MYTHS AND LEGENDS OF THE GARDEN – John & Rosemary Hemphill.

Beautifully designed with glossy pages and sumptuous illustrations and photographs, this is the perfect gift for anyone interested in plants and/or myths and legends. The text is a series of stories about a variety of myths and legends relating to the plant world – the relationship certain herbs, flowers, fruits and trees have with gods and goddesses of European, Australian Aboriginal, Chinese, Native American cultures. An interesting and delightful book.

H/b, Hodder & Stoughton. Ph:02-9841-2839. RRP \$24.95

# PUT THE KETTLE ON

by Jane Smith, Kilsyth, Vic.



There is no situation, it might well be, that can't be at least improved upon by putting the kettle on and making a good cup of tea. Tea warms and comforts us when we are cold, or unhappy, grief stricken, or just ill at ease. Tea smooths the way into relaxed conversation and loosens the problems so we can get them off our chest.

Tea can even help to heal our bodily ailments as well as our emotional upsets. Over the years there have been many incidents in regard to tea that have come my way. The tea I'm referring to here is the good old teapot or billycan of old, but I have no doubt that any good herbal tea of proven use could be just as beneficial.

A large part of the effectiveness of tea may lie in the warm feelings that are extended along with the beverage. I was present on the day that a cup of sweetened tea revived an elderly man right before our eyes at a Red Cross meeting, much in the way that prompt watering can revive a wilting plant in a pot. Ken was totally spent by the time he got to the meeting. He sat barely responding to anybody, head nodding on his chest, pale and short of breath with the effort of getting to the meeting at all. The mug of freshly made tea put into his hands and a comforting arm around the shoulders affected an amazing perking up before our eyes. I rather wondered if meetings of any kind might be improved upon by giving everybody a cup of tea right at the start, rather than at the finish of the meeting when most people are only just beginning to unwind.

Tea has many medicinal uses, some of which were told to me by a veteran of World War II who spent long weeks in trenches dug in the deserts of the Middle East. He was one of the Rats of Tobruk, as they were known ever afterwards. The soldiers, he said, relied on tea to soothe and heal what amounted to a continual sand-blasting of eyes and skin in the harsh conditions. Cold tea was saved and used as an eyewash, and the tea leaves made an effective poultice for abrasions and chapped skin.

Far away, in another area of that war, I was told, prisoners interned in camps where tropical ulcers were rampant and

medical supplies almost nonexistent saved tea leaves and used them as dressings on ulcerated limbs.

Tea, with its tannic acid content, can be a very effective eyewash to keep eyes healthy in the first place and to soothe and heal tired, sore eyes when wind and dust have taken their toll. When a pot of tea has been made, pour some of the first tea into a bowl, straining as you pour. Leave the bowl to cool as you enjoy the rest of the pot of tea. By the time you've enjoyed drinking your tea, the tea in the bowl will be cool enough to use on your eyes. It can be used as a straight eyewash, using an eyebath, or it can be used as an aid to general relaxation. Soak cottonwool pads in the tea and lie down with a wet pad on each closed eyelid. Tea bags are useful for this purpose too. Remove them from the pot as soon as the tea is strong enough, and place them in a little boiled water until wanted. The main consideration is that the tea used on eyes should be freshly brewed, never tea that has been left over from an earlier brewing.

Tea-soaked dressings made by immersing clean linen or packaged dressings in comfortably warm and freshly made and strained tea, relieve and help to heal skin irritations, sunburn and gravel burns. A mother of three sons well into outdoor sports and falls told me this on another tea-drinking occasion. She bathed the injured part with strained tea over a basin until all grit and dirt was washed away and allowed the wound to dry in the air. If necessary, the raw area was then covered with a dressing of soft ironed cotton onto which castor oil was sprinkled, the dressing held in place with an elastic bandage. When it came to changing the dressing, my visitor went on, the old dressing was always soaked off in salt water, never pulled off. What would be the point, she said, when people heal better if new skin cells are undamaged. And when the caring doesn't hurt, there is nothing for the patient to become tensed up about.

While travelling on a bus one day, a fellow passenger told me of the time when the socket of a tooth extracted the previous day, began to bleed rather

alarmingly during a family picnic out in the bush and a long way from either a dentist or a medical clinic. Her husband suggested that they try an old remedy that had been a favourite of his mother's for just such an emergency as a bleeding tooth socket when he was a child. 'Spread out a clean hanky,' he said. 'Drain the teapot onto the grass and empty the tea leaves onto the middle of the hanky. Now bundle it up to make a tight wad, and bite down on that.' She did so, my travelling companion said, and found that the bleeding stopped after a minute or two. After a further twenty minutes of holding the pad between her jaws, just to be sure, the bleeding was stopped for good and the tooth socket healed without problems.

Recently, a friend who had trouble with a bleeding tooth socket was given much the same advice by her dentist: tuck a freshly scalded and cooled wet tea bag between the jaws, bite down hard and hold it there for as long as it takes to stop the bleeding, which won't be long.

Another friend who was with us at the time (drinking tea) commented that she'd been given much the same advice by her dentist when she had trouble with mouth ulcers: hold a wet tea bag between gums and inner cheek over the ulcers, repeat now and again until ulcerations heal.

One of the best things that happen when one drinks tea with friends, or even with total strangers I've found, is that all kinds of helpful bits of information are likely to surface in the conversation. Wisdom such as how hot black tea with just a squeeze of lemon juice and nothing else added can relieve nausea, or how swinging the billy of scalding hot tea three times in a circle overhead is easy to do when out camping. There's a lot more to sharing a good cup of tea than just getting a good brew in the first place.



# 'GRASS ROOTS' AWARDS



We know our readers are a special group of people, their achievements are many and their talents diverse. In recognition of these quiet achievers we are continuing the initiative we began last year, the Annual *Grass Roots* Awards, and calling for nominations in the following categories:

- **Lifestyle** – a person, family or group whose lifestyle most closely reflects *Grass Roots* self-sufficiency.
- **Good Samaritan** – a person who you know goes out of their way to help others in a variety of ways. The Feedback pages contain many examples.
- **Innovation** – a person who has invented or produced something which aids or advances a self-sufficient lifestyle.
- **Community Service** – a person active in the community in the promotion of self-sufficiency and environmental care.

## Conditions

Nominees must be persons you have read about in, or contacted through, *Grass Roots* magazine. You may nominate one person per category, per issue, but, it is not necessary to nominate a person in each category.

Include your own name, address and phone number and that of any person(s) you are nominating.

Last years' award winners are ineligible for nomination in '97.

## Prize

The prize for each category is a Going Solar gift voucher to the value of \$200. Nominations will be published in each issue of GR. Voting details will be provided later in the year and the awards will be announced in the Dec '97 - Jan '98 issue.

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## Nomination Form (cut or copy)

I (name, address & ph).....

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wish to nominate the following person(s) for the Annual *Grass Roots* Awards.

Include name and all known contact details, and a brief reason for your nominees.

Category:.....

.....  
.....

Category:.....

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Category:.....

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Send to: 'GR Awards', PO Box 242, EUROA 3666.

# P o e t r y

## NEIGHBOURS

Again Jim refuses to take money  
for ploughing the firebreak.  
She slips a fifty dollar note  
among the vegies she bought for him  
and puts the box on his truck.  
They inspect the new shed.  
Returning, they discover  
the old horse munching happily  
on fresh lettuce  
and a crisp note.

Diane Beckingham.

## THE GIFT

The world in which we live  
places much worth  
on the material things in life.  
Yet there is one gift  
that no amount of money can buy  
for it is priceless.  
It requires no ornate trimmings  
for then its value is lost . . .  
But it must be handled carefully  
lest it shatters when abused.  
It is a gift that can only be given . . .  
never taken.  
One which strengthens each time it is shared.  
It is the gift of friendship.

Peggy D Scragg.

## THE TRACK

Narrow track of sandstone worn,  
Winding, wending.  
Guarding gums, arms ascending,  
Track descending.  
Narrow track of sandstone worn,  
Pleasant creek attending.  
Laughing fern swarmed, rushing stream,  
Splashing, flowing, wending.  
Narrow track of sandstone worn,  
Tortuous, twisting turning.  
Through gully, valley, wooded plain,  
To home returning.  
Narrow track of sandstone worn,  
Dream time memories born.  
Gum tree, creek, winding track –  
An artist's palette adorned.

Fred Inglis.

## INNOCENCE

Every morning, there they are –  
the pair, waiting.  
I come down the garden towards the fence,  
where they stand, patiently.  
They watch the activity – the dogs, who play,  
and me, who works.  
Silently they stand, waiting for the cut grass.  
I dread the day when the farmer  
will say, 'Enough', – and  
take them off in his truck.  
They, my friends, will be killed to be eaten,  
while I stand, numb, looking at the space  
where they always were – gentle, innocent observers.

Marilyn Grigg.

## SUNRISE

In this, a timeless land  
Sunrise touches distant hills,  
Quiet shadows lie at rest  
Bowing to the dawning day.  
It shows a burnished crest,  
Crimson rays reaching skyward  
To slice through cold early light.  
Softly silent as the dawn  
In urgent flight streaks forth.

Jean Opperman.



# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 60 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send your advertisement and payment to *Grass Roots*, PO Box 242, Euroa 3666, before the deadline and we'll include your advertisement in the next issue of *Grass Roots*. **Deadline for GR 123 is 30th August, 1997.** Please do not fax ads.

Sender's Name ..... For issue no/s .....

Address ..... Classification .....

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**Cost for advertisements is 60c per word.**

## PROPERTY FOR SALE

### NEW SOUTH WALES

**NORTHERN RIVERS BUSH FOOD**, 11 ac plantation with high income potential, private scenic situation, comfortable cottage. All equipment and consulting incl. \$250,000. Ph: 066-886-274.

**BERMAGUI/COBARGO**, sth coast NSW, 17.70 ac, 360 deg ocean/mtn/bush views. Level house-site. Easy access 2WD, perm crk, power past front gate, 10 km to beaches. Beautiful bush, wildlife. Some cleared for f/trees etc. Rates \$460 pa. Includes sml caravan & shed. \$60,000 ONO. Ph: 044-762-627 after 11 am.

**MID NORTH COAST**, 25 mins Taree/Forster. Twenty-six ac mainly timbered with lge irrigated organic gardens/orchard. Cottage, 2 b/r, spacious living areas, country kitchen, wide verandah, lge farm shed/w/shop. Tractor, slasher, rotary hoe, post-hole digger incl. More details & photos avail. \$155,000. Ph: 065-541-327, 065-554-610.

**WYANGALA DAM**, 30 mins Corowa, 2 hr Canberra. Country lifestyle without the work. Air-cond cottage. Beautiful village setting, nat pk, recreation lake, skiing, fishing, sailing, shops, school, country club. \$40,000. Ph: owner, 071-216-372.

**COFFS HARBOUR**, 6 ac bush retreat, magnif mtn views, backs onto state forest, 3 dams, power, ph, 24' c/van, shed, level building site, crk, excel for permaculture, 15 mins to town. Bargain \$87,500. Ph: 049-886-310.

**BUSH RETREAT** Nambucca Valley, mid-north coast, 27.5 acres, timbered creek, 45 mins to main town. \$48,000. Ph: 044-651-505.

**UPPER MACLEAY**, extremely private, freehold 161 ac mtn retreat, r/forest, koalas to lyrebirds, steel shed, s/c/stove, hot water, ph, 4WD access. \$65,000. Ph: 065-672-170.

**BEMBOKA**, Bega Valley, quality 12 ac block, gently sloping, nth aspect, 3 km from village along sealed rd. Established pasture, power on site, fenced dam. Elevated house sites. \$45,000. Ph: 064-941-120.

**BEMBOKA**, Bega, large shop/residence. Make fabulous restaurant. \$80,000. Ph: 03-9859-7829.

**ONE HUNDRED ACRES, RIVER FRONTAGE**, Orara River, near Grafton, 40.45 ha. Peaceful & secluded but close to friendly community. Two creeks, natural timber with clearer areas near river and lots of sites for building. Electricity & ph lines cross land. \$74,500. Phone: owner, 02-9938-3238 any time.

**FOREST MOUNTAIN RETREAT**, crk & r/forest, 225 ac, heavily timbered paradise. Total privacy, panoramic and ocean views. Open cabin 11x11 sq m, wood/solar/gas, 4WD included, phone, f/trees. Port Macquarie 45mins. \$245,000 ONO. Ph: 065-820-841.

**WOLLOMBI AREA**, 40 ac, picturesque bush retreat situated within Yengo Nat Pk. Two comfortable octagonal dwellings featuring wood, balconies & extensions. Hot water system, solar, ph. Mixed orchard, trees, herb gardens, dam & crk. Four-wheel drive access, 30 km Wollombi, 2.5 hrs Sydney. \$90,000. Ph: owner, 049-988-277.

**BEMBOKA, BEGA VALLEY**, 180 acres, house site cleared, dam, beautiful views & mtn creek with huge swimming holes, easy access, 15 mins from town. \$82,000. Ph: 03-9859-7829.

**GANMAIN**, 30 mins to Wagga. Level 1/2 ac in sml town. Urgent sale. \$6000 ONO. Ph: 047-587-552.

**PARADISE INLAND FROM EDEN** near the Vic/NSW border. Wildlife, tranquillity, good soil & water, surrounded by nat pks & state forests, 220 ac on river facing nth to nat pk. \$176,000. One hundred & twenty ac with long crk frontage. \$96,000. Own your own nat pk! Or share with friends/rels, maybe sell some? Ph: 047-824-856 for details.

**NYMBOIDA (GRAFTON) Shire**, 10 ha r/forest, perm crk, approved 12 sq Colorbond dwelling, power, ph, septic, peach trees, extras. \$85,000 or reasonable offer. Ph: 066-578-048, or 044-213-314 (Nowra).

**UNITS AVAILABLE** in progressive development, with 2 ac f/hold title. For a prospectus contact: Lotus Permaculture Village, P Sibraa, PO Box 188, ROSEVILLE, NSW 2069.

**FORSTER (HALLIDAYS POINT)**, 10 of the best fertile ac, 10 mins walk to the beach. This split level timber, 4 b/r, 2 bathroom, modern kitchen & laundry, open plan house, designed to bring the beautiful outside environs inside, could be yours. Listen to the ocean roar from your huge verandahs and watch your cattle & horses graze by the perm timbered crk. \$290,000. Ph: 065-592-589.

**TOP SCENIC PROPERTY**, home, sheds, 220 ac, forest, pasture, mtn rockscapes. \$120,000. Details write: 'Bridgewater', GRENFELL 2810. Ph: 063-433-232, 063-432-269.

**HOUSE AND SHARE** on sml (5 share) council approved hamlet at Lillian Rock, 10 km Nimbin, 40 km Lismore. Power, ph, bus at gate, choice of schools nearby. \$69,000. Ph: 066-843-813.

# GRASSIFIEDS

## PROPERTY FOR SALE NEW SOUTH WALES

NAMBUCCA VALLEY, mid nth coast, custom made mud brick 3 b/r house on 40 secluded ac. Solar powered, school bus at front, 20 mins to town. Special house for special people. \$145,000. Ph: 065-647-589.

LAST OF FIVE, 40 ha undulating, Clarence River lots, 200 m frontage, power, fenced, ph nearby, springs, mostly cleared, 34 km Tabulam, 2 km school/bus. Some finance avail. No flood. Ph: 066-282-351.

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COOTAMUNDRA, great retirement, professional rooms, crafts, Sydney/Melb rail line. Wagga 1 hr. Canberra/Goulburn/Albury approx 2 hrs. Charming 3 b/r Federation home, new bathroom, wainscotted living room. Front verandah facing pretty street, walk to shops, services, commercial DA approved. \$69,000. Ph: 046-831-582 AH.

HARDEN, FORTY ACRES, 5 km from town, perm crk, fenced, trees, sheds, organically maintained, ideal permaculture, picturesque setting. \$70,000. Ph: 063-863-419.

CENTRAL WEST AREA - West Wyalong, 140 ac, ironbark & mallee natural bush block. Town - 10 km. DA approval for residence. \$27,000. Ph: 068-634-045.

MARRAR, 34 km Wagga, 10 km Coolamon. Cafe & craft shop. Solid brick, nursery, 3 room w/b cottage, shadehouse, all for \$49,000. Includes cafe plant and fittings, nursery stock neg. Ph: 069-216-050.

MARRAR, 34 km Wagga, 10 km Coolamon. Three b/r brick residence & 4 shops, main st, suit antiques, craft, studio or trade. Double garage/w/shop 40x20'. Large block with rear access. \$79,000. Ph: 069-216-050.

TWENTY-FIVE KILOMETRES NW Delegate. 281 ac, 12 paddocks, 12 dams, springs, 4 b/r house, granny flat, ph, power, 2 hay sheds, cattle & sheep yards, sml shearing shed, machinery & workshop. Store sheds, fencing, all farm machinery included. Using organic fertiliser. \$160,000 ONO, WIWO. Ph: 064-589-224.

**DEADLINES: GR 123 - AUG 30TH  
GR 124 - OCT 30TH**

MARRAR, 34 km Wagga, 10 km Coolamon. Residential land, 986.4 m<sup>2</sup>, walk shops, school. \$6000. Residential/commercial land, 506 m<sup>2</sup>, main st. \$3000. Ph: 069-216-050.

ACCESSIBLE RETREAT, west of Taree, 60 ac with 150 macadamia trees, 100 citrus, great soil & a dwelling. Pristine crk, surrounded by state forest & organic neighbours. House site, power & ph. \$120,000. Ph: 065-539-265.

## QUEENSLAND

DAYBORO, FIFTY ACRES, 1 hr NW Brisbane, 5 b/r low-set home, large kitchen and family rooms, virgin tree area, no clearing. Beautiful valley views. High mountain block with complete privacy and security. Backs onto state forest with unlimited riding trails. Local town 15 mins. School bus at gate. Sell outright or will lease back for 6-12 months. \$178,000. Ph: 07-3425-1635.

MILLMERRAN, 20 ac fully fenced, 8KVA jenny, 20x10 steel shed. Large pergola, 20x10 timber shed with 2 c/ports, 2 full dams. Many more. \$25,000. Ph: 076-391-801, Mary-Ann.

FORTY ACRES, 3 b/r block house, elec & ph, 360 mango trees, 80 protea trees, 30x15' green-house, 3 dams, 2 spring-fed lagoons, lge shed, tractor & farm equip, cattle yards. Cleared for sml crops, 40 km north from Gympie. \$150,000 ONO. Ph: 075-4857-137.

CHILDERS, 1/2 hr Bundaberg, modern 3 b/r, brick/vnr house, 1.82 ha, water, power, \$119,000 ONO. Ph: 071-268-260.

PRIVATE FIVE ACRES, forest gully with perm crk, enormous 5 y/o 5 b/r home with shady verandahs, 2 bathrooms, wide variety tropical f/trees, fenced animal yards, dble garage/w/shop. Suit hobby farmer. Five mins Childers, 30 mins Bundaberg. \$142,000. Ph: Robyn McCollins, FNRE, 071-521-122, 071-268-231 AH.

ATHERTON TABLELANDS, 20 ac, beautiful perm river, waterwheel, 2 houses, orchards, sheds, solar power, ph, school bus. \$87,000. Ph: 070-535-158.

GIN GIN, 25 ac, hilly bushland, seasonal crks, home site, 40 mins to Bundaberg, urgent sale. \$25,000 ONO. Ph: 047-587-552.

SUNNY NORTH QUEENSLAND, 3-4 b/r home on 1 ac, fully fenced 6' high, Italian floor tiles, some furniture, power, ph, plenty water, school buses, shop, hotel, GPO. Cheap rates, can't be built out, no adjoining neighbours, 18 mins Ravenshoe. \$85,000 ONO. Ph: 070-970-202 anytime.

WONDAI, FIVE ACRES, 3 b/r low-set home, steel/Hardi plank, fully carpeted, screened & pine-panelled, built-ins, power, ph, town and tank water (12,000 gal), 2 dams (good catchment) w/shop & c/port, sheds, fully fenced paddocks, irrigation system. Huge shadehouse, estab garden, over 120 f/trees/shrubs, 2 mins town. \$100,000, ONO. Ph: 018-159-710.

TWO ACRES, HERVEY BAY - 8 km, close to beaches, ph, school bus, town, tank water, lge shed, 2 b/r house, several bearing f/trees, market for fruit, reluctant sale, age, ill health. Ph: 071-280-175.

CONONDALE, NEAR MALENY, elevated corner block with panoramic views, walk to school, 2.8 ac, power, sealed rds. \$65,000. Ph: 075-474-1014.

PINE RIVERS, 29 km Brisbane, 5+ ac, paddocks, stables & natural bush, lots of wildlife, luxury 4 bedroom home, log fire, beautiful kitchen, i/g/pool, verandah, lge deck. Private but near transport (train 5 mins). Sell \$280,000 or exchange property UK/Europe & cash. Ph: 041-973-7617, or, e.mail leesloan@gll.com.au

GIN GIN/MOUNT PERRY, timber 2 b/r country cottage, freshly painted in & out, ph, septic system, LPG fridge, stove, instant hot water, 5000 gal water storage, pressure pump, 5KVA gen, council approved, power avail, 2.8 ac well fenced, 2 seasonal crks through property, bore, surrounded by rolling timbered hills of lge station. \$57,000. Ph: 071-572-976.

CHEAP LAND, CLEAN MOUNTAIN AIR, 1/4 ac powered building site in quiet village atmosphere with views to west. Twelve km nth Stanthorpe, 50 km to Warwick. Ideal investor or starter, can't go wrong, \$10,000 ONO. Ph: 076-832-532.

MALENY AREA, URGENT SALE. Large house, solar, mature orchard, 1 1/2 ac on 200 ac community. Very cheap living. \$77,000. Ph: 014-932-919.

SOUTH STANTHORPE, magnif views from A-frame cottage on 40 ac, lots of trees & wildlife, dams, vegie garden, school bus, new 40x20 galvanised shed, car shed, 12,000 gal in tanks, solar power, + log cabin with free caretaker + 4 y/o daughter, warm evenings by fireside, cubby house, borders national park. Full price \$45,000, or single parent half share \$25,000, or rent \$50 p/w. Ph: 07-684-5124 after 8pm.

BEAUTIFUL 5025 m<sup>2</sup> (1 1/4 ac) flood-free level block partly cleared for building. Beautiful scenery, gum/ironbark trees, bird life, dam. Power close by, 1/2 hr to beach, 40 km nth of Gympie. \$20,000. Ph: 07-3398-2481.

RIVERFRONT, concrete jetty & slipway, river, bay fishing & crabbing, access to Fraser Island & Barrier Reef. Three b/r brick home, garage attached, lge covered entertainment area, wide tiled verandahs, sheds, bush house, 2 1/2 ac, estab lawns & gardens mature f/trees, 2 lge dams, pressure pump, 20,000 gal r/water tanks. Peaceful bushland setting, pollution free, mins from the friendly town of Howard by sealed rd. All amenities, school bus, mail delivery. \$124,000. Ph: 071-294-220 after 5pm.

ONE HUNDRED ACRES, 90 km nth of Bundaberg, Baffle Creek area, 40 km south of Agnes Water. Small crk, 2 dams, billabong, abund wildlife, good rainfall area, timbered, living area cleared, 3 sheds, generator, power/ph avail, 4 tanks, pipe laid from dam to tank. Shop, school, boat ramp nearby, good fishing/crabbing. \$110,000 ONO. More info ph: 079-861-895.

### DON'T WASTE YOUR AD

Please use correct current ph numbers  
and if you change location **notify GR**  
**ASAP** of new contact details.

# GRASSIFIEDS

## PROPERTY FOR SALE QUEENSLAND

LOWMEAD, 40 ac, medium timbered block, 50 km Agnes Waters and 1770, ph. \$26,500 ONO. Ph: 066-449-040.

MILLMERRAN, 2 b/r home on 20 ac, latticed verandahs front & back, solar powered, grid power past door, tank water, good bore 600 GPH, brimful dam, 2 shadehouses 50x20, 3 car c/port, possible work. \$85,000. Ph: 076-954-196.

ONE HUNDRED AND EIGHT ACRES, 50 km from Chinchilla, 8 ac fenced with new ringlock, 20x20 open steel shed, 1000 gal new r/water tank. Power 200 metres, ph avail. Wieambilla Crk through middle of property. School bus 1.5 km. Very good neighbours with school children. \$23,000 ONO. Ph: 076-689-824.

BRISBANE/ GOLD COAST, easy commute, high, dry 806 m<sup>2</sup> tranquil, views. School, clubs, pub, shops. Power, ph, water. \$15,000. Ph: 066-532-679.

SOUTH BURNETT, 160 ac, 26' van incl fridge & oven, on house site. Power, ph & town water, 6 km to sml country town (pub), end of sealed rd on school bus route. Rolling country, great views, 100 ac cleared, 60 treed, good all-weather access, 3 hrs Brisbane/Noosa/Hervey Bay. Private, \$62,500. Ph: 02-9360-6505.

MALENY, STONE/TIMBER COTTAGE & mud brick cabin on 60 ac mixed forest, 3 ac cleared crk flat, frost-free, generator power. Ph: 075-494-2835, or 073-892-1018.

AGNES WATERS, 40 ac, council approved house, sheds, fenced, creek, dams, irrigated orchard, power, tractor, close to beach & nat pks, bus run, great community, walk in and enjoy or rentable. \$85,000. Ph: 071-566-556.

ATHERTON TABLELANDS, 10 mins Malanda, 1 1/2 hr Cairns, 2 houses on 20 ac, f/hold, fenced f/trees, gardens, perm unpolluted crk, 1/4 rainforest, 3/4 grassed paddocks, school bus. \$330,000. Ph: 070-968-353 or, PO Box 438, MALANDA 4885.

GEORGETOWN, 1 ac & 1/2 ac village blocks, town water, fruit & native trees, fenced, sml shed, good soil, walk to school, 60 km north Clare Valley, owners sailing Qld Coast, must sell, two titles. \$7500 ONO. Ph: 014-648-933.

## VICTORIA

HOBBY FARM ALEXANDRA, 71 ac, 2 b/r cedar house, dams, 40' garage, elec/solar/gas, fenced, beautiful views, wildlife, suitable for grazing or agistment also for growing ginseng/garlic/lavender/native plants. \$115,000. Ph: 03-5772-2564.

BACCHUS MARSH AREA - Brisbane Ranges, modern 2 b/r home, cathedral ceiling, pine lined + pine lined 43 sq metre studio/workshop, on 20 undulating ac. Part cleared, part bush, with great views of You-Yangs and Corio Bay, 70 mins from Melb CBD, 40 mins to Geelong & Ballarat. Double c/port sheds, sml orchard, vegie garden, hothouse, shadehouse, 4 dams. Land for Wildlife. \$143,500. Ph: 03-5360-8319.

## PLACING AN AD?

See page 72 for details

AVOCA AREA, w/b house, 3 b/r, mostly renovated, needs paint outside, Pyrenees views, bushwalks, kangaroos, new water tanks, gas services - fridge supplied, 240V generator, 20x20' steel w/shop, on 2 1/4 ac, seasonal crk. \$39,950 ONO. Could do vendor terms or part payment, motor home/campervan. Ph: 03-5157-5349.

A VERY SPECIAL OPPORTUNITY. Magnificent, architect-designed 21 sq brand new mud brick house on 22 ac with a fully irrigated herb farm. Artistic creation featuring stone floors; pine ceilings & natural timber t/out. Panoramic views, lots of glass, all mod cons, 240V solar powered, passive solar heated, 2 big dams, permaculture orchard, 43x36' shed with herb dryer, mud brick studio. \$136,000, could never reproduce it. WEDDERBURN. Ph: 03-5494-3675.

GREAT WESTERN, VACANT LAND, ac cleared, building site in wine district, 12 km to Stawell. Serviced rds, 5 mins from shops, water/power able to be connected. \$19,000. Ph: 03-5975-7229.

GRAMPIANS, 64 ac redgum bushland. Borders nat pk. Fenced all-weather access rd, 25 km NE Dunkeld. \$35,000. Ph: 03-5528-1457.

DEDERANG, NE Victoria, 4 b/r brick veneer house 36 sq, on 1 3/4 ac, lge country kitchen, walk-in pantry, s/c/stove + wood heater. Family/meals room, lounge, dining, lge sunroom, en suite & bathroom. Mountain views, lge dam in extensive orchard, vegie garden, all 15 yrs organic. Underground spring water, 100 sq m closed-in w/shop with power & concrete floor, c/port, wood shed, park-like setting with mature trees. Close to primary school and bus, 40 mins to Albury/Wodonga, 50 mins to snowfields. \$120,000, ONO. Ph: 02-6028-9303, 060-289-303.

WEDDERBURN, GARDENER'S DREAM, ideal for self-suff lifestyle, 2.5 ac, estab garden, 20 yr old 13.5 sq 3 b/r log cabin, town water & 5000 gal r/water tank, 1 km shops/services. Over 100 native & introduced trees/shrubs, 30+ fruit & nut trees, vegie beds, herbs, berries, grape vines, asparagus bed, rose-garden, 3 goldfish ponds, incl garden shed & 60' igloo greenhouse. \$79,500. Ph: 03-5494-3285.

MORNINGTON PENINSULA-BALNARRING, nearly 2 ac, 3 km from village centre on main rd, clear block, dam, town water, power avail. Priced to sell at \$58,000. Ph: 03-5983-5001.

NORTH-EAST VICTORIA, 8 ac, 20 sq, 3-4 b/r, mud brick/cedar home, spring water, secluded valley, 20 mins to town, 1 hr snow. School bus, crk frontage, 4KVA gen, 60x30' sheds, p/l/u. Fully fenced, estab gardens, potential income, extras incl tractor & 7 implements. \$175,000. Ph/fax: 07-3899-3138 or 041-257-7094.

FAR EAST GIPPSLAND, cosy 3 b/r farmhouse on 1 1/2 ac, set in beautiful surrounds. Well estab orchard & vegie garden. Good out-buildings & bungalow. \$69,000. Ph: 03-5154-2738.

NARIEL, NORTH-EAST VICTORIA, 40 km Corryong, 3 b/r w/b cottage on 2 1/3 ac, 3 titles, picturesque setting at top end of valley, adj to trout stream. Suit hobby farmer, fishing, bushwalking, birdwatching clubs etc. School bus to door. Asking \$78,000 ONO. Ph: 03-5152-3912 for more info.

GELLIBRAND, 2.2 ac, powered, town water, \$28,000 Ph: 03-5261-4023.

GIPPSLAND, CALLIGNEE, 4 ha, 15 mins from Traralgon on Tarra Valley/Bulga Park Tourist Route. Red soil, 2/3 pasture, perm dam, power avail. Excellent valley views. \$50,000. Ph: 03-5134-4805.

BEST OF BOTH WORLDS, resort area, Melbourne's east. Muddy, solar, acreage ++, mountain, forests, water, wildlife, unpolluted, secure low-cost living, sml income, schools, shops, local work/commute suburbs, \$100,000 ONO. Ph: 03-5963-7160.

FOR SALE, SHARE in Nicholson Creek Co-op, situated 40 mins from Bairnsdale on the headwaters of the beautiful Nicholson River, surrounded by state forest. The property consists of 5 ac, cedar/mud brick house near completion, solar powered with gen back-up, house orchard with 150 cherry trees. Ideal for family looking for rural lifestyle. \$65,000 ONO. Ph: Ray Dale, 03-5156-2739.

## TASMANIA

LORINNA, Tasmania, lge passive solar home + 3 outbuildings on 9 ac, mainly pasture, lge orchard & gardens. Permanent crk with micro-hydro, combustion stove, solar HW & ph. Quiet lifestyle with clean air & water. Organic 16 yrs, beautiful views of valley & lake, 50 mins sth Sheffield. \$105,000. Ph: 03-6363-5175.

UPPER ESK, 1 hr east of Launceston, 3 b/r timber house on 3.5 ac. Surrounded by 2 lge bush properties in a picturesque position with panoramic views. Permanent water supply, fertile soil (good for alternative cropping) and estab orchard. Secluded but not isolated. Reluctant sale, price \$49,000 ONO. Ph: owners, 03-6377-1157.

FOR SALE BY TENDER, 15.1 ha 'Hazelhurst', 37ac Long Plains Rd, Bridgenorth, nth Tasmania. This most delightful property has been carved out of the bush whilst retaining its natural beauty & privacy. The brick and cedar open-plan homestead blends into a backdrop of mature forest and overlooks a huge manmade lake that platypus have made their home. A second 2 b/r timber & stone cottage presides over a smaller lake. Organic vegetables and fruit have provided the home with fresh and preserved produce. An irrigation pump, polythene pipe, drippers, sprays, trellising & a cool store is the infrastructure for a berry fruit or other venture. Paddocks are well sheltered by plantings of eucalypts. All this and just 20 mins from Launceston. Price range \$210,000 - \$225,000. Photographs and further details upon request. Details: Hugh MacTier, 018-130-409 or Harrison Humphreys P/L, PO Box 6, Launceston, Tasmania 7250. Ph: 03-6334-1155, or fax: 03-6334-0599.

# GRASSIFIEDS

## PROPERTY FOR SALE SOUTH AUSTRALIA

STONE CHURCH, 1874, 6 acres, charming, secluded, peaceful, 2.5 hours north Adelaide, beautiful gardens, open space living, mod kitchen/bathroom, i/g/pool, spa bath, 5000gal r/water, ex bore. Veg/herb garden, ponds, fowl yard, aviary, fruit trees, school bus, mail, town 18 km, a piece of paradise. \$87,500. Caretaker/rental \$75 p/w considered. Ph: Ken, 08-8651-6056 AH.

## WESTERN AUSTRALIA

BROOKTON, MUST SELL, deceased estate. Liveable 2 b/r cottage on 1/2 ac (2 titles), needs TLC. Huge lock-up shed, chook yard & garden sheds. Close to all amenities in progressive rural town. \$25,000 ONO. Ph: 08-9642-1378, for further info.

CENTRAL WHEAT BELT, 2 b/r cottage on 23 ac, half developed as self sustaining unit. Solar power, ample bore water for irrigation & drinking, fruit & fodder trees for stock estab. Gas heating. Owner must move where the winters are warm because of illness. \$98,000 ONO. Ph: 09-647-2041.

NORTH COAST, Perth 1.5 hrs, 17 acres, 3 b/r house, 6 years old, 60x40' shed, 250 pecans. \$157,000. Ph: 018-940-863, 093-094-322.

## COMMUNITIES/SHARES

COUPLE seeking to meet another mature aged couple (over 40s) to share a 38 ac property in beautiful undulating country on the far sth coast of NSW. Need to be financially independent & interested in a practical spiritual approach to life with a view to creating a sense of community. Write to: Bees & Things, C/- PO, QUAAMA, NSW 2550.

EARTH PEOPLE wanted to be part of spiritual, permaculture community on mtn-top organic farm east of Gympie, north of Noosa. Prime deep volcanic soil, north slope, frost-free, big spring-fed dam. Existing income & definite potential for more with further orchards, large-scale vegies, herbs & nurseries. Opportunity for suitable people to be part of community loan, otherwise shares begin at \$40,000. Prefer hard-working, healthy, food planting and healing orientated people. If interested contact: George, 015-579-879, or Kevin, 041-960-6889.

NIMBIN, 1/10 share, 52 ha, council approved M/O. Beautiful r/forest environment, 2 b/r accom & studio on 2 ha, solar power/hot water, estab f/trees, 4WD access. \$65,000. Ph: Steve, 066-282-034.

AGRICULTURAL COMMUNITY. Motivated adults send SAE to: PO Box 908, GYMPIE 4570.

WANTED: CORE GROUP to help estab a community—natural environment, close to town/city (possibly Brisbane), for meaningful communication, social interaction. PH: 07-3201-0816, or write: 11 Karri Ave, KARANA DOWNS 4306.

**DEADLINES: GR 123 – AUG 30TH  
GR 124 – OCT 30TH**

FAR NORTH COAST, 35 km NW Lismore. Beautiful spacious solid home, wide verandahs, elevated position, extensive views. Four ac, u/house garage & w/shop. Organic gardens, f/trees, complete privacy, power, ph, school buses. Cabin, u/cover c/van. Secure strata development. \$159,000. Ph: 066-337-033.

BELLINGEN NORTH NSW. Best Promised Land area. Solid solar home, open plan pole construction, 2 lofts, wood & gas stoves, septic. Stocked lake. Beautiful location on sml M/O with 1/6 share. Many inclusions. \$120,000. Ph: 066-551-856.

## BUSINESSES FOR SALE

NURSERY: GOOD BUSINESS, estab over 10 yrs with excel potential. Fully set up with regular outlets. Twenty-four sq house & land incl. Property constructed & landscaped with permaculture principals. \$140,000 + SAV. Ph: 03-5461-4741.

A GREAT OPPORTUNITY. For sale, the General Store at Bendoc in the mtn forests of far east Gippsland. Three hrs sth of Canberra, 90 mins from Eden & Jindabyne. Sale incl shop, stock & newly renovated flat, est 5 yrs. Situated 50 m from trout stream. Would suite semi-retired couple seeking an easier pace. Ten mins from nat pk, village is surrounded by state forest. Great area for fishing, gold fossicking, ecotourism potential. WIWO. \$70,000. Ph/fax: 064-581-502.

## PROPERTY WANTED

SEEKING SANCTUARY, share in acreage. Moderate climate, abund water, easy access. Ph: 075-446-3308.

WE ARE DISTILLERS of essential oils and in order to diversify we are seeking to purchase or lease a property of at least 50 ha. As to the location we have no preference but need deep sandy soil, water, power and no summer humidity. If desired, we would also look at a profit sharing arrangement. Please write to K & A Kingston, 47 Betula St, DOVETON 3177.

SMALL, VERY INEXPENSIVE isolated block wanted for hermit. Anywhere except Tasmania (too cold). I'm into Kundalini meditation, chanting and seeing God in everything. Not associated with any sect, stable happy temperament. Shunya, PO Box 717, JOONDALUP, WA 6919.

## FOR RENT

ONE BEDROOM, RIVERFRONT, renovated barn, power, ph. Murwillumbah, 15 mins. Permaculture farm, 11 ac. \$90 p/w. Suitable quiet mature handyman. NID (GR 122), C/- PO BOX 242, EUROA 3666.

MUD BRICK HOUSE, 17 ac, 4 km from town, NE Tassie. Rent from end Sept for 6 months – open. \$90 p/w. Ph: 03-6354-2445.

TWO HOMES ON ACREAGE. Old farmhouse, comfortable, clean 2 b/r + s/o, + open & closed verandahs, old car workshop. New split log 3 b/r home, verandah 4 sides, o/fire. Both homes have power, ph & come with options of: stables, paddocks & some furniture. Ample sweet bore water, peaceful outlook, 20 km to Warwick. We are looking for long-term, honest, caring folk. Geraldene Dennis, PO Box 67, Yangan 4371. Ph: 076-648-318, 076-617-750 AH.

NAMBUCCA VALLEY, CABIN on farm, near main house, quiet, en suite, 10 km to towns/beaches, n/s, s/d. Need alternate who loves animals. Fifty km sth Coffs Harbour. \$60 p/w incl electricity. Ph: 065-682-093.

GRANTHAM, SOUTH-EAST QLD, 50 ac, 30' c/van & aluminium annexe. Solar power. \$40 p/w. Ph: 07-3289-1972.

## WANTED TO RENT/CARETAKE

COUPLE RETIRED, seek cottage/property to caretake or low rental. Preferably Beerwah/Maleny/Laidley areas, SE Qld. Minimum 6 months. Andrew, 4 Urch Rd, ROLEYSTONE, WA 6111. Ph: 08-9496-1114.

WANTED TO RENT for 6 months in Tasmania from Nov/Dec. Two-3 b/r house + minimum 1/4 ac well fenced (2 goats, 3 sml dogs) within 1 hr commuting distance from major cities. Will pay rent in advance. Ph: 08-8524-4222.

ROOM AND FACILITIES, country town or community (organic) area. PO Box 377, MIDLAND, WA 6936.

IF YOU HAVE A CARAVAN/BUS that has shower (toilet) totally self-cont and would like somewhere to live, I have excl lge shed, water, elec, concrete floor on a few ac in SW of WA. You could have garden, animals, run chooks. Would suit guy on own, do odd jobs, caretake occasionally. No drugs. Rent nominal. RB, (GR 122), C/- PO Box 242, EUROA 3666.

SMALL RURAL/FORESTED ac to rent/buy, Macksville/Bellingen area, for couple and young children. From mid August. Ph: 070-912-983.

## EXCHANGE

WANTED TO EXCHANGE: classy home, 1/2 acre, Karana Downs, 18 sq, brick, 8 yrs, Tasmanian oak kitchen, pergola, tranquil setting, 30 mins city. \$159,000. Wanted: land over 10 ac, good soil, perm water, with or without house. Ph: 07-3201-0865.

## WANTED

CARETAKER WANTED west of Mittagong. Free power & accom, persons on pension OK. Required to answer ph. Horse knowledge would be an advantage. Ph: 048-889-239.

**Don't forget the deadline if you  
are wanting to advertise**

# GRASSIFIEDS

## WANTED

FLOUR MILL. Ph: 067-347-204.

MINERALS/FOSSILS, semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples include quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

HANDYPERSON for five ac in Whitsundays, gardening, lawns etc, must love animals. In exchange for free accommodation. Ref req'd. Ph: 079-475-786.

SOMEONE TO HELP/TEACH ME the joys of a green, earthy lifestyle. Free rent, a little help with bills appreciated. Wish to grow vegies, cook healthy meals etc. Live in town but plenty room to work. Two rooms to use so a child OK/welcome. Located mid n/w west. Looking forward to the journey. Mark C, (GR 122), C/- PO Box 242, EUROA 3666.

PERSON(S) WANTED TO SHARE. Single person or couple wanted to share on Tasmanian property, 17 km N/W of Deloraine. House or c/van neg. Rent could be substituted by work in garden or orchard. Prefer long term person or couple. Suit unemployed pensioner or migrant. Ph: 03-6368-1475.

PERSON(S) TO LIVE IN CARAVAN, share house, Hunter Valley bush block. Exchange assistance, vegetarian, nonsmoker preferred. Ph: 049-382-036.

## HANDCRAFTS

SELECTED FEATHERS, mostly silver grey, white or black. Suitable crafts. Ten for \$1 + postage. Ph: 07-3288-8945.

THREAD BUNDLES CLEARANCE SALE ends 30/9/97. Stranded Cotton in bundles of 100 x 8 skeins in 50 assorted colours. Shades matched to DMC. \$19.95 post free. The big bundle of 240 colours \$49 post free. 40 DMC Perle Cotton N°5 in skeins, assorted colours \$35 post free. Steel weaving reeds. Price list avail. B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK 5041. Ph: 08-8277-3763. Fax: 08-8276-2186.

HAVING DIFFICULTIES OBTAINING small gauge brass screws, hinges, catches, & associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g, etc from 1/4" long to 1". Also various woodworking tools, glues & abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off 1st order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 03-5152-1001. Fax: 03-5152-1001.

BEADS! BEADS! BEADS: Unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Cost \$8 for samples, colour copy & info. Write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

RAW ORGANIC COLOURED wool, for stuffing, felting & spinning. \$10/kg. Ph/fax: 07-657-5575, or write: Longs, 'Mt Marlow', ISISFORD 4731.

## PLACING AN AD?

See page 72 for details

BESTSELLING market needlework bargains, kits or completed. Free brochure. Jennifer's Needlework & Crafts, 38 Kokoda St, Idalia Estate, TOWNSVILLE 4810.

## FOOD AND KITCHEN

NARA FOOD DEHYDRATOR – hardly used, excellent condition. Ph: 03-5455-7104.

WANTED: FLOUR MILL. Ph: 067-347-204.

## HEALTH & BEAUTY

ORGANICALLY produced traditional herbal remedies for arthritis, psoriasis, colds, flu etc. For a complete list send SAE to: Tintagel Herbs, PO Box 27, CENTRAL TILBA 2546.

HEALTH, the 4 essentials, information free, video \$30. Dr Couttie. Ph: 03-5520-2250.

WEIGHT LOSS, personal advisory service, Vicfit registered consultants. Private interviews or mail (privacy ensured). Ph: 03-9848-9213.

## MISCELLANEOUS

MASSAGE TABLE for sale. Portable, Fold & Firm. Excellent condition, face hole, navy blue. \$230. Ph: 03-5790-8625.

SAVE WATER in your laundry use this new detergent replacer, no rinsing, no money down the drain, used water is garden safe, no nitrates, no phosphates. J Osten, PO Box 285, COOROY, Qld 4563.

LEAF GUTTER TRAP. Easy to install debris diverter. Keeps gutters clean & downpipes clear. Primary diverter for r/water tanks. Manufactured in Zincalume or Colorbond with any type of downpop fitted. Price \$32 to \$42.50 plus p&h. Free color brochure. PO Box 941, SALE 3850. Ph/fax: 03-5144-4217.

CAN YOU USE A SPANNER & SCREW DRIVER? Three different almost unknown profitable businesses you can run from home. No opposition. I've retired, so the secrets can be yours. No canvassing or mail order. Start with \$50 capital. Details free. Send SAE to: Peter Gardner, 13 Harlequin St (PO Box 571), LIGHTNING RIDGE 2834.

FREE CATALOGUE. Top quality pet products for your dog. Write: Country Canines, Bates Road, Kin Kin 4571, with long SAE.

DIY WITH SOLIDSTAT THERMOSTATS, incubators, aquariums, nurseries, frost alarms. New quality budget range. Precise accurate and reliable. Jupiter Technologies, PO Box 34, CO-RAKI, NSW 2471. Ph/fax: 066-832-559 (home), <http://www.lis.net.au/~jupiter>

HOW TO SAVE A FOREST. Gummed labels to re-use envelopes. \$10/200. Bulk prices for fund raising \$83/10 packs of 200. Send cheque/MO to: Green Harvest, 52GR Crystal Waters, MS 16 MALENY, Qld 4552.

TIPIS, 10'-22', from \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western & Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Ph: 03-5763-2474, mobile: 015-048-196. Tipi hire avail.

TRIDENT TIPIS. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', 4 Cockle St, O'CONNOR, ACT 2601. Ph: 06-249-8985, fax: 06-249-8937.

NATURAL SKIN CARE PRODUCTS, handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

POT-SHOT. A family indoor (table-top) game of skill, similar to old fashioned 'Bobs'. Wooden, brightly lacquered scoring frame 80 cm wide. Six white balls, 1 black ball in solid case. Two cues. Games rules clearly set out. Buy direct from manufacturer, Maquintre, 89 McGregors Rd, MALDON 3463. Ph: 03-5475-2342. \$49.50 + delivery.

GREYWATER SYSTEM, easy to construct and fully tested. Council approved (Lismore NSW). Combines a treatment unit and seepage/evapo-transpiration system. Plans and specifications available at \$50 per set from: Sustainable Greywater Systems, PO Box 176, NIMBIN 2480. Ph/fax: 066-891-703.

## LIVESTOCK

JERSEY BULL, 10 months old, halter broken, dehorned, well bred, quiet. Best offer or trade. PEACOCKS, \$30 each. DAIRY GOATS – orders taken, 'Pinerock'. Ph: 03-5727-0509.

ATTRACTIVE LEASING OFFER (interest in a Commercial Simmental Cattle stud) suit investor with own property in the establishment phase and primary production aspirations. Ph: 02-9938-1169, or 049-347-256 evenings.

CATTLE: The British White Cattle Society of Australia Ltd, est 1983. New members welcomed. Get in on the ground floor now. Australian & imported bloodlines available. Enquiries to: PO Box 546, CABOOLTURE, Qld 4510. Ph: 075-496-8271 or 076-958-561.

## COURSES

DOWSING - STUDY & EXPERIMENT with dowsing, radiesthesia & radionics at home! A course in radiational techniques for health and agriculture, incl DIY equipment plans. Free detailed brochure. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL Qld 4217, Australia. Ph/fax: 07-5539-9633.

HERBAL MEDICINE. The School of Herbal Medicine, established in Australia in 1985, offers a one year home study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

**Make Your Editor Smile –  
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Grass Roots Grassifieds**

# GRASSIFIEDS

## COURSES

NEWCASTLE AND HUNTER VALLEY. Permaculture courses based around interactive and practical learning techniques. Property consultation and design services also available. For information: Andrew Murdoch 049-504-134, 23 Peppertree Ct, TORONTO 2283.

HOME BIBLE SCHOOLS International. For details of the certificate courses available, please write to: Douglas Parrington, PO Box 253, Christies Beach, SA 5165. Course 1 - People of Old Testament Times. The all-inclusive cost for each course is \$15.

HUNTER VALLEY, PERMACULTURE, organic growing; sml group practical learning at demonstration farm. Trevellyn Centre. For info: 049-389-528. PO Box 22. PATERSON 2421.

PERMACULTURE COURSES, for the south-east of Australia. Design course 30th Nov to 12th Dec. Introductory course 30th & 31st August. Bega Valley. Contact: Hugh Gravestine, 064-942-014.

COB EARTH BUILDING workshops: sculpture a house from earth, including arches, shelves, niches. Make a cob bread/pizza oven. Five day workshops: 16-20 August, 13-17 September, 25-29 October. Weekend 8-9 November. Workshops can be organised on your land. Contact: Edible Landscapes, ph: 07-3870-3872. Fax: 07-3870-5890.

DESIGN SUCCESS is yours with personal tutor; support staff; up-to-date plain English information; illustrations; project ideas; videos; computer disk version and fast feed back via Email or Snail mail. Send SAE. PERMACULTURE VISIONS (R) - specialists in Personal Permaculture Tuition - 280 Cordeaux Rd. MT KEMBLA VILLAGE 2526. Email: askpv@ozemail.com.au Internet: <http://www.ozemail.com.au/~askpv/index.html> Live each day in a greener way.

CORRESPONDENCE STUDIES. Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin and Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety and Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 business hours only.

LEARN AROMATHERAPY AND NUTRITION through home study at a realistic price. 'The Art Of Aromatherapy' teaches you how to blend and use essential oils therapeutically to benefit your family and pets. 'The Natural Nutrition Course' shows you how common sense eating can combat and prevent illness without getting on the 'diet treadmill'. Free detailed brochures. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL, Qld 4217. Ph/fax: 07-5539-9633.

**To avoid disappointment ensure  
your ad meets our deadline**

**DEADLINES: GR 123 - AUG 30TH  
GR 124 - OCT 30TH**

## GARDEN AND ORCHARD

TOBACCO SEED. Organically grown (Virginian), cultivation and curing notes included. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

ORGANIC SEED CATALOGUE. Send SAE to: PO Box 908, GYMPIE 4570.

TAGASASTE - tree of many uses. Send 4x45c stamps for 100 seeds. Aintrees, 56 Ferris Rd, STRATHMERTON 3641.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, including plants as insect repellants. SOW WHEN CHART. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G), PO Box 120, BRUTHEN, 3885.

ORGANIC WINNING HINTS: my 24 years of organic gardening in both Australia and New Zealand have provided me with over 120 positive results, that have proven to be organic winners. If you would like a copy of these results, please send \$10 to: Ray Casci, 16 Cato Crt, ROCKINGHAM, WA 6168. Thank you, your support will help me to continue my studies and experiments.

WANT A LOW-MAINTENANCE, LOW-WATER gorgeous garden? Try succulents. Excellent collection 55 different named varieties, all separately labelled for only \$20, post free. Wide range varieties, colours & types, suit pots, baskets, rockeries etc. Outstanding for beginners & collectors. Cultural notes supplied. Prompt delivery. 21 page descriptive list (over 500 varieties) avail for 3 x 45c stamps. Succulents are colourful, beautiful, easy to grow, interesting plants requiring minimum water and care. Quality, pest-free plants. Mail order only. Write to: Mildura Succulent Supplies, GR Box 756, MILDURA, Vic 3502. (Cureton Ave East)

GINSENG SEEDS for sale, 50 for \$10. Interested? Ted Cole 'Yesspec', Box 2G, OMEO 3898. Ph: 03-5159-1575.

LOOKING FOR HERITAGE or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of *The Curator* lists the sources for thousands of vegie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

WORMS WITH THE RIGHT ATTITUDE. Garden, compost, fishing & aviaries. All purpose, lge or sml quantities. Illalangi Working Worms. Ph: 064-581-472.

TREE GUARDS all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 051-579-404.

APPLE TREES. Huge range of heritage and modern varieties. Desserts, cookers, ciders, crabs. SAE to: Badger's Keep, CHEWTON 3451, or ph/fax: 03-5472-3338.

BAMBOO PLANTS - POLES - BOOKS, 250 species for all uses. Send \$4.50 in stamps for catalogue to: Bamboo Australia, 330 Kenilworth Rd, EUMUNDI 4562.

RAINFOREST SEED COLLECTORS national link-up. Buy & sell local seed. Our newsletter has lots to offer. Local seed grows better & doesn't pollute your gene pool. Quarterly newsletter subs \$20, conc \$10. Offer local seed - free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 066-552-233.

COMPREHENSIVE CATALOGUE Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 28 O'Connell St, TAMWORTH 2340.

EARTHWORMS. FREE, the most comprehensive catalogue of books on this subject. Send business size SAE. Worm World, PO Box 204 GR, ROLLINGSTONE 4816. Ph/fax: 077-707-001.

CREATE YOUR OWN GOURMET GARDEN! Permaculture plants & hardy perennials (banana passionfruit, asparagus, Jerusalem artichoke, Japanese raisin, Chinese date). Mulch plants (pigeon pea, lemon grass, tagasaste, comfrey). Legume ground covers for all climates. Lots more in this 32 page catalogue. Send 3 stamps to: Green Harvest, 52GR, Crystal Waters, MS 16 MALENY, Qld 4552.

## HOLIDAYS

HEALTHY weekends for couples. Gympie. Ph: 07-5483-6736.

LAMINGTON GLEN - rainforest retreat, secluded cabin. Everything supplied except food. Ph: 075-544-8166.

HAVE A GREAT HOLIDAY in a conservation area for the whole family! Close to the beach (Pambula, Merimbula). Excellent rates. Plenty of wildlife. Women & children welcome. Ph: 064-942-175.

MORUYA - FAR SOUTH COAST NSW, romantic 1b/r and family 2 b/r bush cabins. Big open fires. \$250 per week. \$100 per weekend. Ph: 044-742-542, pm.

NUDIST HOLIDAY RESORT for families, couples, singles at Camden. 'Free caravan parking'. Stay in our six b/r homestead or one of our overnight vans. For details write: Secretary, PO Box 110, ERSKINEVILLE 2043.

## CLUBS

AFFILIATED DONKEY SOCIETIES OF AUSTRALIA. For info on membership, magazines and help avail write to: Mr Ralph Grinly, 18 Inverness Rd, PENRITH NSW 2750, and you will be contacted by the representative in your state.

*Please print your ad clearly  
so we can do likewise*

# GRASSIFIEDS

## SERVICES OFFERED

**EVERGREEN Design & Marketing** are a professional duo with a social conscience and over 10 yrs experience in helping new & growing businesses with the design of logos, stationary, advertising through to marketing plans. Evergreen Design & Marketing, 247 Flinders La, MELBOURNE, Ph: 03-9654-7550.

**MUDBRICK (EARTH WALL) TESTING – CERTIFICATE** for council. Effluent Disposal design (AS1547) for domestic premises. Soil testing. Hackett Laboratory Services, 4/8 Bellbowrie St, PORT MACQUARIE 2444. Ph: 065-832-635. Fax: 065-837-453.

**WANT TO MAKE SURE** the one you fancy for business or pleasure is really suitable? Be 100% sure first time! The QDW Australia (A1930C) offers you the service of a professional graphologist with 25 yrs experience. Send handwriting samples of the person/s in question. Each analysis \$25. For quick reply, incl your fax number. We send original by mail. Ph/fax: 08-8988-6320. Mail: GPO BOX 3579, DARWIN, NT 8001. Fast & accurate service guaranteed.

**HOME PLANS.** 90 plans for handcrafted homes of mud brick, rammed earth, stone, pole frame and timber construction. Mail \$62 (postage incl) for *The Earth Builders Plan Catalogue*, to: John Barton, Building Design, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 03-5222-4249 for fixed quote to draw/document your home plan. Bankcard, Visa, Mastercard, cheques accepted.

## OPPORTUNITIES

**UNATTACHED LADY** invited to be part of the family – Man & Wife in a small farm near Dalby. Ph: 07-668-2122.

**FREE ACCOMMODATION** on beautiful country property in exchange for help in garden etc, around 9 hrs per week. Share property with vegetarian couple, non drinking or smoking. Prefer single woman or mother and child. Wayne & Milu, PO Box 235, GIN GIN, Qld 4671. Ph: 071-572-736.

**JUST DO IT!** Free report on your home mail order millions. Ring Gwen NOW! 075-485-4291, or write: G Morton, Bates Rd, KIN KIN 4571, with long SAE.

**EXPRESSIONS OF INTEREST.** Opportunity exists for person/couple interested in handcrafts to rent self-cont studio/apartment – 1 b/r, lounge/living, kitchen, bathroom – at Terra Cottage Gallery, Stroud. Rental includes space within gallery for studio/retail of your own handcrafts and/or operation of a tea room. The gallery presently retails local handcrafts, antiques and incorporates a leadlight studio. Terra Cottage Gallery, a unique handcrafted mud brick building is situated at Stroud on the Bucketts Way, a major tourist trail. Stroud is an historic village 2 hrs nth of Sydney. Owners are too busy with other projects to operate the gallery to its full potential. Escape the city rat race sooner rather than later. Contact owner after 7pm on: 049-945-189.

## PLACING AN AD?

See page 72 for details

**OUTRIGGER FISHING CANOES FOR \$100?** U-build, U-sell. It's fun, fish, fitness & profit. Amazing new designs, fishing, sailing methods. Brochures, fishing safaris, workshop info, send 4 stamps to: CanoeWorld, Sandy Beach, RUSSELL ISLAND 4184.

## CALENDAR EVENTS

**BACK TO BOWRA FESTIVAL**, handmade houses tour of 15 innovative homes in Nambucca Valley. October 11 & 12. \$25 per car. Organised by Tallowood School where holistic activities encourage self-esteem and mind/body development. Enquiries to: Tallowood School, Bellingen Rd, Bowraville 2449. Ph 065-647-619, 065-647-908.

**ST GEORGE FLORIADE**, 10th anniversary, horticultural delight, water theme. Canberra's spring festival, Sept 20-Oct 19. Many events & exhibits. Enquiries: 1800-020-141.

**CONSCIOUS LIVING EXPO**, Silver Jubilee Pavilion, WA Showgrounds Exhibition Centre, Nov 20-23. Health, lifestyle & environment. Enquiries: 08-9481-0333.

**AUSTRALASIAN PERMACULTURE CONVERGENCE**, Nimbin, Oct 11-18. Workshops, field trips, seminars, designers' convergence, earth festival & permaculture expo. Enquiries: 066-891-755.

**DJANBUNG GARDENS**, PERMACULTURE Education Centre, Nimbin: demonstration farm, permaculture courses, environmental education, info & research centre. Enquiries: 066-891-755.

**BRISBANE BACKYARD SHOW**, promoting permaculture in SE Qld. Mt Gravatt showgrounds, Nov 1&2. Enquiries: 07-3349-1422, 07-3219-4594.

**SOUTH COAST FIELD DAY 16th & 17th August**, Candelo, BEGA VALLEY. Ph: 064-942-014.

**WORKSHOPS ON SMALL AREA FARMING**, bush food & many related topics, organised regularly by Southern Adult Education College Inc, Nowra NSW. All enq ph: Elizabeth Waddell, 06-226-2223.

**CONFERENCE – WORLD FUTURE STUDIES FEDERATION** on 'Global Conversations: what you & I can do for future generations'. Brisbane, Sept 28-Oct 3. Enquiries ph: 07-3365-6360, Sally Brown.

**CRYSTAL WATERS PERMACULTURE VILLAGE**, 'the motivating edge' conducts 1/2 day permaculture & community tours on the 1st and 3rd Saturday of every month. Contact James on: 07-5494-4721 for info, or write to: The motivating edge, Crystal Waters, MS 16, MALENY 4552. Booking is essential.

**Grass Roots back copies – \$4 each.**  
See page 82 for details.

## PUBLICATIONS

**'GRASS ROOTS'** x 75, \$3 each or all for \$210. Ph: 03-776-0170.

**STEINER EDUCATION BOOKS** for school or homeschoolers. Write for titles list: Box 33, BRUNSWICK HEADS 2483, or fax: 066-804-314.

**EARTHWORMS.** Books and videos on all aspects of worm farming: for profit, gardening, bait, waste management. Free list from: WormWide Books, 20 Forest Ave (G), KINGSTON PARK 5049. Ph/fax: 08-8377-2668.

**UNUSUAL TECHNOLOGIES Catalogue.** Free energy, exotic windmills, 160+ topics. Send 4 x Aust 45c stamps to: Lostech Archives, PO Box 456, TOLGA 4882, Australia.

**'UNDER MAGELLANIC CLOUDS' MAGAZINE**, Australian Science Fantasy – 64 pages of gourmet mind food with that subtle Australian flavour. Issue 2 out now. Subscription: \$24 for 4 issues posted. Send cheque or money order to: UMC, 1640 Mongogarie Rd, UPPER MONGOGARIE, NSW 2470. Issue 1 only: \$5 + A\$ size SAE.

**'EARTHLINK**, Eco-friendly and Natural Health Directory' (*Green Pages*) 2nd Edition out soon. Promote your organisation or product in our directory and on the Internet with Earthlink at a reasonable rate. Check out our site <http://www.earthlink.com.au>. Ph: 050-053-2784. PO Box 645, KENT TOWN, SA 5071.

**BOOKS – ALL VARIETIES**, incl poultry, farm, etc. We sell, buy, search. Send SAE to: Pamela Linnane, PO Box 263, MAYFIELD 2304. Ph: 049-683-699.

**'NIMBIN NEWS'**, is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines and the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable and scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

**'OWNER BUILDER' MAGAZINE.** Building a home? *Owner Builder Magazine* gives Grassroots people inspiration, encouragement and downright sound technical information. *Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 03-5468-1899.

**STOP YOUR CHILDREN'S FRUSTRATIONS OVER MATHS HOMEWORK!** A new, never released publication is now available with '1001 worked out Solutions to Mathematical Problems' that will help your children revise and understand what has been learned at school. Catering for years 7-10, this text guides students step by step through maths problems and relieves their anxieties. Call: 03-9223-0047 (24hrs) for recorded message revealing details.

## PUBLICATIONS

HOME EDUCATION, for info send SAE to: Alternative Education Resource Group, PO Box 71, CHIRNSIDE PARK, 3116.

'NATURAL HEALTH', the magazine of the Natural Health Society. Subscribe today, \$34 yearly & receive: 6 vital magazines, discounts at participating health food stores & natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 047-215-068.

'ALTERNATIVE PLANS 9th Edition Catalogue - 1997'. The 9th edition of this popular catalogue is now available. The catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle & recreational construction plans, home-based businesses, solar panel making & powered water pumps, water purification, biological building, chemical hazards, earth energy fields & infrasound. Other titles include steam engine & methane gas generators, electric vehicle conversion plans, fuel cell construction, solar ovens & water heaters, vortex tube plans, free energy machines and magnetic engines & generators. For your catalogue, send A\$5 cash or money order to: Alternative Plans, PO Box 487, ASHGROVE, Qld 4060. Or, 33 Woodview St, SAMFORD, Qld 4520.

'THE SEED SAVERS' HANDBOOK' by Michel and Jude Fanton, selling like hotcakes. Don't miss out, order today. \$23 post paid. Box 975, BYRON BAY 2481.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$15 (postage included) to Lyn O'Brien, C/- PO, BARMAN 3639.

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, and by subscription, \$37.90 or \$39.90 with *Health & Healing* Newsletter per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

'THE PERMACULTURE EDGE' magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

# GRASSIFIEDS

DEADLINES: GR 123 - AUG 30TH  
GR 124 - OCT 30TH

BOOKS. NEW AND OLD. Australiana, life-style, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

EARTHWORMS. Learn how to breed them for gardening, composting, fishing, selling. Free booklist from: WormWide Books, 20 Forest Ave (G), KINGSTON PARK 5049 (formerly Mooloolaba). Ph/fax: 08-377-2668.

## CONTACTS

### NEW SOUTH WALES

LONELY FELLOW, on multiple occupancy in nth NSW, needs mate 45-55 for loving, holding company. Quiet life, into r/forest regeneration. Nonsmoking/drugs. Social drinking. Please write: Arthur: C/- Lillfield, LILLIAN ROCK, NSW 2474, or ph: 066-897-394.

FEMALE, 30, Aquarius, seeks correspondence with soul mate, s/s, s/d, 069 area, full figure, one child. Photo please. NE, (GR 122), C/- PO Box 242, EUROA 3666.

QUIET GUY, 33, 45 km from Grafton. Smoker, drinker, fit, honest, loyal, clean living, getting estab on own secluded land. Looking for genuine lady to share a peaceful life, camping, nature, bush living, your interests. All replies answered. SG, (GR 122), C/- PO Box 242, EUROA 3666.

WANTED: beautiful, tall, rich woman with very good SOH, by charming 50+ bloke who is young at heart and who will adore her. He is free & unencumbered and has a nice bush property on the north coast of NSW close to the beach. No smokers, drugs, other social handicaps. Write to: XYZ, (GR 122), C/- PO Box 242, EUROA 3666.

ARIES MALE, 51 years, 153cm, 75kg, very fit n/s, n/d. Multi-qualified tradesman, self-employed. Stepping off the rat race roller coaster to permaculture & agriculture lifestyle on bush block NE Vic with permanent running creek. Old-fashioned values of honesty, integrity & manners. Interests: keeping fit, healthy lifestyle, massage, reading, growing organic food, stimulating conversation, music, intimate candlelit dinners, log fires, rain on the roof, spending quality time with one very special lady, walking the beach & bush, camping, fishing, movies. Would like to meet unattached lady with no hangups, age open to 50, with similar interests. Initially friendship based on mutual respect hopefully developing into perm r/ship. All genuine replies answered, recent photo appreciated. SAE to: Doug (GR 122), C/- PO Box 242, EUROA, 3666.

LADY, young 50s, Southern Highlands. Christian, petite, intelligent, creative, artistic, loves outdoors, sports, music, reading, photography, cooking. Seeks kind, gentle, n/s man for future together. Honesty and integrity a must. Write to: CC, (GR 122), C/- PO Box 242, EUROA, 3666

NORTH COAST NSW. Outgoing, nature/bush loving and bee keeping lady seeks honest, intelligent, healthy active man, good SOH, old-fashioned Christian values, non red meat eater, n/s, n/d, drug-free, 60-70 y/o, for friendship, camping and Australian bush adventures, photo appreciated. Replies to: Katherine (GR 122), C/- PO Box 242, EUROA, 3666.

BLUE MOUNTAINS, single 33 y/o partially disabled, \$m1 business lady (formerly h/school teacher), loves nature, horses/animals, seeks honesty, intelligence, sensitivity, loyalty, integrity, sense of humour, positive thinker, n/s, n/d, (no drugs) man 29-36, (old-fashioned/Christian values) who wishes to build happy home/future together. (Photo appreciated) Replies: Dawn, (GR 122), C/- PO Box 242, EUROA, 3666.

MAN FORTY, 5' 10", lean, muscular, health conscious but not vegetarian, n/s, s/d, drug free. Quiet type, aware. Interests: outdoors natural self-suff living, country/classical music radio. Dislikes most sport/politics/commercial TV, red tape, mass consumer mentality. Would like lady who identifies with above. Aged to 35, feminine, natural, nonconformist with rural outlook. Contact: Steve (GR 122), C/- PO Box 242, EUROA, 3666.

### PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

VIRGO GENT, 49, div, n/s, n/d, 76 kg, 180 cm. Tertiary educ, prof, semi-retired, own home, financially secure, peaceful, kind, open, honest, spiritual, SOH. Enjoys reading, chess, movies, theatre, music, travel; dislikes noise, disorder, secretiveness. Seeking polite, gentle, spiritual, healthy, slim, feminine, attractive lady 30-45, n/s, view perm r/ship. Prefer ACT area or willing to move. Photo appreciated and will send: Mike, (GR 122), C/- PO Box 242, EUROA 3666.

LADY SEEKS GUY, c60, n/s, n/d, preferably no pets, alternative medicine, Margaret 042-843-638.

SYDNEY MALE, 32, 5'4", part time dad, s/d, enjoys quiet life, reading, weekends away, evenings at home with special person. Seeks open minded & secure lady, age not important. Must have SOH, be gentle & honest. Single mums OK. Please send photo & letter to: Tom (GR 122), C/- PO Box 242, EUROA, 3666.

*If you doubt the wisdom of replying  
to any ad - trust your intuition*

# GRASSIFIEDS

## CONTACTS

### NEW SOUTH WALES

PISCES MALE, 59, 5'7", presentable, articulate, caring pensioner, perfectly normal, n/s, n/d, great SOH, no hangups, lives mid nth coast. Seeking companionship uninhibited lady 50-60, interested outdoors, classical music, beachwalking, boating. All replies answered. Fish, (GR 122), C/- PO Box 242, EUROA, 3666.

SYDNEY MAN, mid 30s, has found his GR property and seeks a GR lady to share it with. Presently spending long weekends on the property. When the time is right, a full-time permaculture lifestyle will begin. Contact Michael 04-1222-0558, or write: 11 Manns Ave, Neutral Bay, 2089.

BEARDED, affectionate, bluesy, spiritual Dragon male, n/s, n/d, prepared to make commitment to woman, who is perhaps, more earthy than earthly – not necessarily on exactly the same wavelength, but someone on the same planet would be nice. Being an admirer of Ishtar, et al, she'll be understanding when he has to work long hours at his home-based business, sensing times appropriate to all things. He's in his 50s, but finds age irrelevant, up to a point. Feel free to phone 067-363-677, email: ngwarra@halenet.com.au, or to write to: BB, (GR 122), C/- PO Box 242, EUROA, 3666.

### ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will re-address & forward it. Don't forget to put the *issue number* on reply, i.e: Skye (GR 122) ...

MERE MALE, 29, works in Sydney, lives on acres in Yass, financially secure. Intelligent, caring, sensitive, understanding, loves kids, n/s, big SOH, communicative, organic orientated lifestyle, seeks earthly woman for soul mate in life & love. Reply to: Andrew, PO Box 285, Yass 2582, or atc@ozonline.com.au or 041-620-2068.

OPTIMISTIC GENTLEMAN, 42 y/o, tall, fit, not dumb, worked hard, debt-free, settled on 5 ac permaculture, comfortable income without ever working again, building mud brick. Many interests – vintage wooden yacht, scuba diving, mountaineering, conversation, laughter, wine, food, learning. Intelligent, genuine, adventurous woman, free to travel 1998 Brazil, USA, Canada, UK, Asia, please reply. Photo appreciated. GHM, (GR 122), C/- PO Box 242, EUROA, 3666.

ATTRACTIVE, CUDDLY, wise woman, early 50s, n/s, intuitive, nesting in Tweed Valley. Interests: metaphysics, healing sciences, permaculture, writing, toastmasters. Calling for compatible creative mate to be loved & cherished. Let's correspond, check out our values on life. Send photo/birthdate (39)? MD (GR 122), C/- PO Box 242, EUROA, 3666.

### PLACING AN AD?

See page 72 for details

WARMHEARTED, TALENTED, pretty woman 50's, ashblonde, good skin/teeth, no veins, thinks/feels young/passionately. Arty musical, philosophical, creative lifelover (ABC, sunsets, camping) financially independant, no ties, has much to give right man. He is educated, attractive, sensual love important to him with his 3rd-age best friend/lover r/ship where he will have someone who would care deeply & appreciate him. I am dynamic but not moody. Travelling Qld July. Kate-Theda, Canberra. Ph: 06-231-7631.

### QUEENSLAND

LADY, SEEKS SLIM FRIEND, 55-65, poss Spanish speaking, who likes classical music, animals, cinema, reading, is socialist, nonracist. PO Box 97, Nerang 4211.

MALE, FORTY, would like to meet female companion. Just starting out on own 30 acre block, no accommodation for children yet but would like to have children one day. I smoke but am a n/d. I have a good sense of humour and will do anything to avoid an argument, I would rather talk about any problems than fight about them. My goal now is to meet a woman to be happy with and build a home to be comfortable in. Please write to: Shane, Lot 40 Bisley Road, Tara 4421.

CENTRAL QUEENSLAND COAST, male 57, n/s, s/d, optimistic, fit, 6'0", lives close to nature on sml yacht, coastal cruising. Tradesman, creative, down-to-earth with many interests. I dislike aggressive people, cities & noise, commercial TV/radio. I like to share love and affection in a perm r/ship. I would love to hear from independent woman with quiet landbase, n/s, social or n/d. If you feel positive, caring, honest & easy going, write to: Hermann, Turkey Beach 4678.

CANCERIAN MALE, 57, 5'7", 60 kg, n/s, n/d, non meat eater, very fit, loves life, musically inclined. Hoping to share a dream with a slim active GR lady. Could you live on 40 secluded acres near Gympie, build a home with solar power, permaculture, animals nature and have a caring sharing articulate r/ship? Lets get together. Graham, PO Box 511, Hamilton 4007, or give me a ring 07-3868-4210.

THIRTY-NINE YEAR old single shy man would like to correspond with single small slim lady, Libra or Virgo with no dependents, between 28 & 35, homemaker who loves cooking & small farm living. Nonsmoker, n/d, not into nightclubs or raging. Reply with recent photo to: KHM, (GR 122), C/- PO Box 242, EUROA, 3666.

GUY, YOUNG THIRTIES, living top of the Whitsundays, tropical lifestyle. Interests: sailing, motor cycling, outdoors, camping, fishing. Business activities: I'm about to establish an alternative restaurant and would like to correspond/ meet a lady or bi-ladies who may like to participate. This could be your chance to get out of the city and join me in paradise. Write: Paradise, PO Box 508, Bowen 4805.

WOMAN, 44, no children, seeks man to share alternating lifestyle. We could spend sometime at your place on or near east coast of Australia (Qld to Tas) and some time at my mud brick house on acreage in Central Australia. I am a nonsmoker, social drinker, slim, atheist. My interests are: music, film, the bush, walking, swimming, Radio National. I value friendship, fun, honesty and affection. Kate, PO Box 2103, Alice Springs 0871.

SINGLE DAD, 48, 5'9", 80 kg, n/s, n/d, enjoys bush, beach, gardening, bbqs, seeks genuine lady, any nationality for honest, lasting peaceful r/ship. MM, (GR 122), C/- PO Box 242, EUROA, 3666.

WELL EDUCATED, Filipina, 35, working, caring, likes travelling, dining, cooking; seeking honest, sincere & lasting r/ship with view of marriage, pref retirees. Ph: 075-485-4122.

### VICTORIA

GENTLEWOMAN 60s, Melbourne Bayside, financially independent, likes caravanning, travel, mind games, quiet music, national parks. Seeks cheerful company for the golden years. All replies answered: EH, (GR 122), C/- PO Box 242, EUROA, 3666.

FAR EAST GIPPSLAND wilderness area, unattached female, aged 50, medium build, n/s, s/d, seeks male friend for correspondence and possible r/ship. Interests include environment, arts, sciences, literature, music, horticulture, gastronomy. Fegwa, (GR 122), C/- PO Box 242, EUROA, 3666.

### WESTERN AUSTRALIA

CANCERIAN LADY, 27, living a self-suff life, wishes to correspond with a man of any age who loves animals, gardening, bushwalks and sharing ideas and dreams. Cindy, PO Box 299, Denmark, WA 6333.

### OTHER

LIFESTYLER happy in rural and urban, environmentally aware, keen on nuturing children, r/ship and business. Seeks comfortable partner with desire to support and be supported, explore new ideas and care for the established. I'm 5'6" have 1.5 children and looking for a lady who thinks it would be satisfying to share some time. Enthusiasm for mushrooms an advantage! Write: 'Life in Action', RD4, Warkworth, NEW ZEALAND.

PENFRIENDS Australia and worldwide. Send SAE to: Penlink, PO Box 303, BUSSELTON 6280.

### LATE GRASSIFIED

WANTED: PEOPLE WITH SKILLS in building, gardening or welfare to be part of a project aiming to house, train & employ homeless youth within a farm orientated lifestyle. We have land and aim at becoming a housing co-op. Anyone committed to a drug & alcohol free life, close to earth & spirit, reply to: Melita, PO Box 1360, MURWILLUMBAH, NSW 2484.

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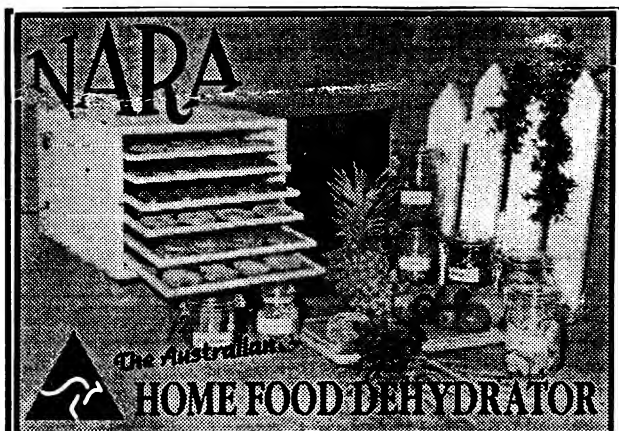
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